COOK BOOK

COOK BOOK * LUNA *

Cook Book

(Learn to Cook)

Assorted Recipes

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(LEARN TO COOK)

Assorted Recipes

for

Filipino, American, Chinese, Tagalog, Spanish, Italian and other Foreign Dishes

Collected & Edited

by

ILUMINADA LUNA

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Foreword

The health of the Nation can be improved by Mothers, Housewives, Sisters and Daughters, thru the culinary art. In this book, we present for the immediate use of our girls, a handy guide composed of a collection of assorted recipes for the Filipino family.

We do not claim originality in the preparation of the recipes. Many of them were based on different publications, but we have assembled them in organized form for the home-maker's convenience.

THE PUBLISHER

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Assorted Recipes

American, Spanish, Chinese, Filipino and Tagalog Dishes

I. American Dishes Easy to Prepare

Super Salad of Choice Vegetables

1 package lemon flavored gelatine
1 cup boiling water
2 tablespoons vinegar
1/2 cup grated raw carrots
1 teaspoon salt
1 cup chopped celery
1/2 cup chopped pineapple
1 green pepper chopped

Dissolve gelatine in boiling water. Chill. When slightly thickened add vegetables and season with salt, pepper, and vinegar. Remold on lettuce and chill again. Unmold on lettuce leaves. Garnish with cornucopias of cooked, cold ham with mayonnaise and sprigs of parsley in each cornucopia.

Spanish Meat Loaf

2 cups cooked meat
1 slice bacon or salt pork
1 cup stale bread crumbs
1 cup milk
1 teaspoon poultry seasoning
1/2 teaspoon salt
1/6 teaspoon pepper
1 1/2 stewed tomato well-seasoned
or
1/2 can tomato soup and
1/2 cup water

Chop the meat and bacon or salt pork fine. Add the bread crumbs soaked in milk, salt, pepper, and poultry seasoning. Turn into an oiled square pan, spread the cooked rice over the meat, then pour the tomato and bake for half an hour in a moderate oven, 350 degrees F.

Dried Pea Soup with Vegetables

Bones from pork
1/2 cup dried peas
4 cups water
1 onion
2 tablespoons fat
1/4 cup carrots, diced
2 tablespoons flour
A pinch of pepper

Pick over and wash the peas, put in a kettle with the bones, water, and 2 slices of onion, and simmer for 3 or 4 hours or until soft, then rub through a sieve or mash with

a spoon. Melt fat, add 1/4 cup carrots and 2 slices of onion, diced, stir and cook for 5 minutes; add the flour, cover with hot water, and cook for 10 minutes or until soft. Add the strained pea soup. Dilute with hot water or milk, if too thick; add more seasoning if needed. Serve very hot.

Macaroni Fruit Salad

1 cup of elbow macaroni, cooked and chilled
1 small can of sliced pineapple, cut in tiny pieces
3 bananas, diced
6 marshmallows, halved

Toss the combined ingredients into the following pineapple dressing:

Juice from one small can of pineapple
1/2 cup sugar
3 tablespoons of corn starch
1 cup of whipped cream

Mix the corn starch with the sugar and stir into boiling pineapple juice. Cook, stirring, in the double boiler for twenty minutes. Cool and fold in the cream, whipped. Top each serving with marachino cherry.

Lettuce and Asparagus Salad

Use a white head of lettuce, pare off the outer green leaves, remove the core, and wash and drain in a wire basket. Split and pull the leaves into quarters and place them in a large bowl and chill, if you do not have a refrigerator, surround the bowl with cracked ice. Mix a pinch of salt, a dash of pepper, and a pinch of sugar in a bowl with 2 spoons of vinegar and 4 tablespoons of olive oil. Pour this dressing over the asparagus tips from a can around the side and in the center of the bowl.

Poinsettia Salad

Prepare a lemon gelatine making it stiffer than in the usual recipe and tinting it red. Pour in a flat pan to the thickness of 3/4 inch and set to harden. With a cookie cutter,

form stars of the hardened gelatine and arrange them on lettuce bordered plates. In the center of each star, form a rosette of whipped cream salad dressing or cream cheese balls topped with pistachio nuts. Serve very cold.

Chicken Croquettes

2 cups chicken meat, chopped
1/2 cup walnut meats
1/4 teaspoon celery salt
1 teaspoon lemon juice
1 teaspoon chopped parsley
1 cup white sauce (thick)
A few grains of cayenne pepper nutmeg and a few drops of onion juice.

Mix the ingredients in the order given and mold into corkshaped croquettes, using a heaping tablespoon of the mixture for each croquette. Roll in bread these crumbs, dip in egg and fry in deep fat. Drain on tissue paper.

Pineapple Salad

For each person place a slice of pineapple on lettuce leaves, put grated cheese on top, add very thin strips of pimientos. Pour mayonnaise over it and sprinkle with paprika.

Beat egg yolks until thick and lemon-colored. Make a syrup of sugar and water and pour gradually on eggs, beating constantly. Put into small individual molds and steam for one hour. When cold remove from molds.

Mexican Beef

2 cups cold cooked beef, cut in cubes
3 tablespoons fat
1 onion
1 sweet red pepper
1 clove garlic
3 tomatoes
1 teaspoon table sauce
Salt

Melt fat in saucepan, add onion finely chopped, and cook until the meat is brown and the onion is yellow. Add pepper finely chopped and chopped garlic. Add tomatoes peeled and cut in pieces. Cook gently for 15 minutes, add seasoning, salt, and pepper, if necessary. Serve with a border of molded rice or mashed potatoes.

II. Spanish Dishes

Bifes De Vacca Panados

(Small Pan-fried Steaks)

1 pound sirloin or tenderloin steak, cut thin
Salt and pepper
1 tablespoon lemon juice
1/4 cup bread crumbs
1/4 cup Parmesan cheese
2 eggs, beaten
Bread crumbs

Cut the steaks in 3-inch squares, season with salt, pepper and lemon juice. Try out the suet. Mix the 1/4 cup of bread crumbs with the cheese and dip each piece of meat, first in the suet, then in the bread crumbs and cheese mixture. Stack the pieces of meat on top of one another and allow to stand for at least 1 hour. Then dip each piece of meat in egg and then in bread crumbs and fry in hot fat until tender.

Espinafre Con Sardinas

(Spinach with Sardines)

1 large can sardines
2 cups cooked spinach, chopped
1 hard cooked egg
1/2 cup bread crumbs
2 tablespoons onion juice
Juice of 1/2 lemon
Salt and pepper
Butter

Skin, bone and mash the sardines. Mix with the spinach, chopped egg white, part of the egg yolk, bread crumbs, onion, lemon juice, salt and pepper, and moisten all with a little of the water in which the spinach was cooked. Place mixture in a buttered baking dish. Grate the remaining egg yolk over top; dot with bits of butter and bake in a moderate oven (350° F.) for 20 minutes.

Pescada A Lusitania

(Fish, Lusitania Style)

3/4 pound fish
2 cups potatoes, boiled and mashed
1 egg yolk, beaten
4 tablespoons Parmesan cheese, grated
3 tablespoons butter
1 tablespoon lemon juice
Salt and pepper

Use lower half of fish and cut into small thin slices. Remove the bones. Season the mashed potatoes with salt and pepper and combine with the egg yolk and cheese. Mix well. Melt the butter in a baking dish and stir the lemon juice into it. Lay the fish slices on the bottom of the dish and cover each slice thickly with a layer of mashed potatoes. Place in a moderate oven (350° F.) for 10 or 15 minutes or until the fish is tender and the potatoes are golden brown.

Petiscos
(Tinderboxes)

1 cup grated cheese
1 tablespoon butter
1/2 cup flour
1/2 cup sugar
12 egg yolks, beaten lightly
Juice of 1 lemon

Mix the cheese with the butter; sift the flour and the sugar and combine the mixtures. Add the egg yolks and lemon juice and blend well. Put mixture until small oblong forms, about the size and shape of tinderboxes, and bake in a hot oven (400° F.) for 10 minutes.

Spanish Rice

2 tablespoons butter
1/3 cup minced onion
2 pint stewed or canned tomatoes
2 good-sixed green pepper, minced
1 cup unpolished rice
2 cups boiling water
1 teaspoon salt
1/8 teaspoon pepper

Melt the butter. Add the onion and pepper and cook them until barely tender. Add the tomatoes and some water, add the seasonings, bring to a boiling point. Stir in the rice and cook until the latter is tender, about 35 minutes.

Arroz A La Valenciana

1 young chicken, cut into regular pieces
1/2 kilo pork meat, cut into regular pieces
2 pieces Chorizos de Bilbao, thickly sliced
1/2 cup shortening
1/2 cup Purico shortening
2 segments garlic, macerated
1 onion, sliced
1 cup tomatoes
Salt, pepper and paprika to taste
Slices of sweet red pepper
1 can sweet peas
1 cup olives
Slices of hard-boiled eggs
3 cups Arroz de Valencia (or Malagkit rice) boiled in 3 cups water
1 tsp. salt

Season the meat of chicken and pork with salt and pepper and fry in hot shortening slightly brown. In a deeper vessel, heat the shortening and fry, in the order given, the garlic, onions and tomatoes. When brown add the potatoes, then the chicken, the pork meat and the **chorizos.** Mix well; cover the vessel and cook until the meat and potatoes are tender. Add water if necessary. Add the red pepper, sweet peas and olives. When the meat and vegetables are already well done, remove some of the stock from the meat and set aside. Add to the meat mixture the cooked **Valencia** rice, and mix thoroughly with the wooden spoon until well blended. Add enough stock to give it the desired flavor. Cook on low fire until mixture becomes quite dry. When serving, garnish top with sliced hard-boiled eggs, stuffed olives and red pepper slices.

Egg Mexicana

2 tablespoons butter or bacon fat
1/4 pounds cooked ham, thinly sliced
2 1/2 cups canned tomatoes
1 1/2 cups grated cheese
1 1/2 teaspoons chili powder
6 beaten eggs

Heat butter or fat in a heavy skillet until moderately hot; add ham or dried beef; cook until frizzled and slightly browned. Combine remaining ingredients; pour into skillet. Simmer over low heat until thickened, stirring gently. Serve with buttered toast or rolls. Yield: 6 servings.

III. Chinese Dishes

Chicken Chop Suey

3 cups diced cabbage
1 can apulid (wheels)
1 patola, sliced
1 cup blanched shrimps, sliced lengthwise
1/2 cup boiled pork
1/2 cup chicken meat, diced
1/3 cup kinchay

Pepper, flour
1 cup liver, sliced thin
1/2 cup ham, diced
1 cup chicken stock
3 hard-boiled eggs
3 tablespoons toyo
2 cloves garlic
2 tablespoons sugar

Saute onion, garlic, pork, ham, shrimps, chicken, apulid, cabbage, patola, kinchay, celery. Season with toyo, sugar, and pepper. Add a little flour dissolved in 1/2 cup shrimp juice. Cool till done. Serve hot, garnish with hard-boiled eggs.

Sukiyaki

A few sprigs Baguio onion
1 can bamboo shoots
White meat of one chicken
1. cup cabbage cut to pieces
1 cup chicken broth
1 cup sotanghon
1 can apulid
1/2 kilo beef (pierna corta)
1 cup mushroom cut to pieces
1/2 cup saki wine
1/3 cup toyo
1 tablespoon sugar
2 onions cut into wheels

Dress and clean chicken. Save chicken fat for sauteing. Dice white meat, pound lightly. Slice beef, then pound. Soak sotanghon in hot water and cut in long pieces. Drain, wash in cold water. Extract lard from chicken fat. Add cabbage, onions, beef, chicken, mushroom and toyo. When almost done add saki and sugar. Add chicken broth. Just before serving, add sotanghon and cook two more minutes.

IV. Filipino Dishes

Ginataang Bia

Get a medium-sized bia, clean well, and boil for 15 minutes in 1 cup of **gata** (coconut milk), 1/2 tsp. salt and juice of 6 large-sized calamansi.

Remove from liquid, lay on a platter and pour over it a gravy made from the stock in which it was boiled and one tbsp. of flour.

Serve with fried rice.

Good for 3.

Croquetas De Navajita

Fry 2 sections of fine chopped garlic and finely chopped onion (medium size) in 2 tbsp. vegetable lard. Add 1 full cup of flaked navajita, salt and black pepper, and fry for 5 minutes. Add 3/4 c. milk and cook until mixture is almost dry. Add 2 tbsp. butter or margarine and 2 tbsp. chopped young green onions and mix thoroughly.

Get a heaping spoonful of mashed potatoes, dig in mixture, and form into oval croquette. Roll in lightly beaten eggs and then in bread crumbs. Roll again in eggs and bread crumbs and fry in hot lard until golden brown.

Serve with Worcestershire sauce.

Good for 6; 2 croquettes each person.

Piniritong Talaba

Make a batter of 2 cups of flour, 2 tsp. baking powder, 1/2 tsp. salt, 1 cup milk, 1/2 clam liquor, and 2 well beaten eggs. Chop the 24 clams (talaba) from which the liquor has been taken, season with salt and pepper, and add to the batter. Drop by tablespoonful into deep fat (350 to 730° F.) and fry two or three minutes.

Serve with **sinangag.**

Good for 12.

Pesa (Dalag)

1 fat dalag
Ginger
Raw rice
Potatoes
A few grains whole black pepper
Toyo sauce
Pork fat
Garlic
Rice water
Cabbage
Pechay

No clear-cut measurements are given here, leaving this consideration to the discretion of the cook, who can always size up the right quantity called for. For 1 fair-sized dalag 1/3 cup raw rice is reasonable. And now for the method of preparation: Clean the fish well, scrub with salt to remove slippery membrane. Cut in desired pieces. Soak in toyo. When preparing the rice for the day's meal, save the water; this is your rice water. From this rice that is being washed to be boiled, set aside the amount you need for the Pesa. Putting fat in the earthen pot produces more tangy results. We have tried the frying pan for sauteing purposes, later on transferring the concoction into a "caserola" to accommodate the soup and everything, with pleasant results.

Talunan

(So-called because chicken used is generally one killed in a cockfight)

1 chicken
3 heads garlic, crushed
Enough water
1 pig's foot
2 squares tajuri
1 cup native vinegar
1/2 cup brown sugar
1/2 laurel leaf
A little oregano
A piece of canela
1 clavo de comer
1 salted cucumber

Mix the tajuri well-mashed with the vinegar and sugar. Put the pig's foot and the chicken which have been cut into pieces in a casserole. Cover the meats with the mixture. Cook, covering well. If the meats are quite tough it would be necessary to add more water. Do so by adding boiling water. When the chicken and the pig's foot are already soft, remove them from the liquid. Put in the liquid, the garlic, pieces of salted cucumber, spices and cook in slow fire until the mixture thickens. Pour the mixture over the meats and serve hot.

Pansit Luglug o Malabon

1/8 kilo miki
1/4 kilo dried bihon made soft with water
1/2 cup shrimp meat
1/2 cup pork meat, diced
1/2 cup tokwa
2 tablespoons ham, cut fine
2 tablespoons onions, cut fine
1 head garlic crushed
1/2 cup tinapa, shredded
1/2 cup chicharon, crushed
2 tablespoons achuete
1/2 cup bread crumbs
1/2 cup lard
Salt, pepper, hard-boiled eggs cut lengthwise
Oysters cooked in water
Leaves of wansoy
2 cups of water where shrimps had been cooked, mixed with the juice of the shell of the shrimp

Fry the garlic brown. Remove garlic from pan. Saute the shrimp, pork, jam and tokwa, which have been previously cut into small pieces. When brown, add the bread crumbs which had been wet with the juice of the shrimp. Add the water colored with achuete. Season with salt and pepper. Cook until the mixture thickens.

Cook the bihon and miki in boiling water. Spread on a platter and spread the mixture on top. Put the tinapa and chicharon on top and garnish with wansoy, oysters and fried garlic. Season with patis and serve with calamansi.

Adobo (Chicken And Pork)

1 chicken medium-sized (cut in pieces)
1/2 kilo pork cut in pieces
1 head garlic (crushed)
1 cup white vinegar
2 cups water
5 tablespoons lard
Salt and pepper to taste

Put chicken and pork in frying pan, add garlic, vinegar, water and season with salt and pepper. Cover pan and cook for 45 minutes or until there is no more liquid in the pan. Then add lard and fry until golden brown. Serve with Tomato Salad and Paksiw.

Paksiw (Milkfish)

1 medium-sized bangus (cleaned and cut into slices)
1 inch ginger (crushed)
1/2 cup white vinegar
1/2 cup water
Salt

Cook the fish in vinegar and water, and ginger. Season with salt. Cook for 30 minutes. Any fresh water fish may be substituted for bangus or milkfish.

Fish With Miswa

1 fried fish
1/2 cup miswa
1/2 onion cut in wheels
2 ripe tomatoes
2 cloves garlic, crushed
Salt to taste

Fry the garlic with the onion then add the tomatoes, previously cut in pieces. Add the miswa and salt. Pour this mixture on the fried fish and serve.

Bangus Frito

1 medium-sized bangus
1/3 cup toyo
Juice of 2 calamansi or 1 lemon

Clean the fish well, cutting it the way fish is cut for daing. Soak in toyo with the juice of calamansi. After 1/2 hour, fry in lard. Remove fish when brown. Add the toyo to the lard in the pan and bring it to a boil. Pour the toyo over the fish and serve.

Escabeche

1 fried fish
1 siling labuyo
1 tablespoon starch
1 cup of water
1/3 tablespoon salt
3 tablespoons lard
1 onion, cut in pieces
1 piece of ginger
2 green pepper
4 cloves garlic
3 teaspoons of sugar
A few stems of wansoy

Cut garlic and ginger in small fine strips. Fry till brown. Mix the starch, salt, sugar, water and vinegar. Add this to the garlic and ginger in the frying pan. Let the mixture boil until it thickens. Add the mixture to the fish before serving. Garnish with wansoy.

Rice Pudding

2 ounces rice
3 tablespoonfuls condensed milk dissolved in 3/4 pint water

Wash the rice well and place in a buttered pie-dish. Pour the diluted milk over the rice and bake in a slow oven for two hours. To make a richer pudding add one or two eggs. (No sugar required)

Pancit Luglug

1/2 kilo fresh miki
1 1/2 cups shrimps
3 cakes tokwa
1 bunch kinchay
5 hard-boiled eggs
2 onions
Calamansi, pepper, patis for seasoning
1 cup powdered chicharon
1 cup pork, boiled then diced
12 fresh squibs
1 head garlic
1 bunch green onions
Flesh of 10 tinapa

Blanch and peel shrimps, then cut lengthwise. Set aside heads. Prepare tokwa, kinchay, onions as for Pancit Guisado. Remove bones, scales from tinapa. Saute garlic. Boil squibs separately with vinegar, salt and pepper added to the water. Mince onions. Fry tokwa along with garlic, add shrimps, pork, and onions. Season with patis and pepper, color with a little achuete. Blanch miki, drain, set aside. Arrange on platter. Garnish with cooked mixture, top with slices of hard-boiled eggs.

To make the sauce: To 3 cups shrimp juice which has been previously extracted from the heads of the shrimps, add 5 tablespoons flour or starch. Color with a bit of achuete.

Kari-Kari

7 cups broth
1 beef shank
2 large eggplants
3 tablespoons bagoong
1 banana heart
1-1/2 cups tripe
1/3 cup roasted whole peanuts
2 cups sitao
1/3 cup achuete
Salt and pepper to taste
1/3 cup roasted ground peanuts

Cut beef shank to desired pieces and boil in enough water till tender. (Boiling takes about 5 or 6 hours.)

In a saucepan, saute garlic till light brown, add onions and cook for three minutes. Add the sitao cut in strips, the banana heart which has been sliced in 1/2-inch rounds, the whole peanuts, the eggplants, beef shank and tripe. Season with bagoong and cover for five minutes. Add the broth from the beef shank and cook for half an hour more.

In the meantime, place 3 tablespoons lard in a saucepan and add the achuete seeds. Heat five minutes. Strain to be sure all seeds are removed. Add this colored fat to the shank mixture. Lastly, add the ground peanuts.

Lumpiang Macao

And now for the great favorite of our own family—a dish so very easy to prepare that you will want to make it every week. We shall not put down the quantities of the ingredients as you will make them up according to the needs of your family. When we make 10 pieces of lumpia (allowing two for each of us), we use 1/3 kilo of pork with fat, one peso worth of shrimps (just enough to fill a cup when cooked and shelled), and from three to four onions.

The best proportion for this dish is 1/3 pork, 1/3 shrimps, 1/3 onions, but you may use more onions or more shrimps when these are plentiful.

Boil the pork and the shrimps separately. The pork should be thoroughly cooked and cut into small cubes. The shrimps are shelled and cut in the same size as the pork cubes. The onions are peeled, sliced lengthwise first, then crosswise. These three ingredients are then mixed thoroughly so that each lumpia will get the same proportion of pork, shrimps and onions. Place two tablespoons of this mixture on each lumpia wrapper and wrap tightly, folding in the sides. Fry in deep, hot fat, drain and serve immediately with toyo and calamansi juice.

The Macao cooks make these lumpia rather thin, allowing as many as four to each person. To save time and fuel, you may make your lumpia larger or thicker. The fat in which they are to be fried should be smoking when you drop them in so that they will brown quickly and not absorb any lard. The onion should still be crisp when you bite them.

This dish is rather expensive so you will not want anything else to go with it. However, we suggest that you also cook some gulay to utilize the shrimp heads which will yield very rich juice when pounded. How about patola or chicharro, or a bulanglang of eggplant, squash and kangkong?

Okoy

1 cup togue (bean sprouts)
1 cup grated sweet potatoes or red squash
1/2 cup small, boiled shrimps
10 tablespoons flour
8 tablespoons water

Mix flour with water until smooth. Clean togue and shrimps, shelling the latter carefully, but not removing the heads. Place a small amount of togue and grated sweet potatoes in a saucer, add a few shrimps and some of the flour mixture so that everything will adhere together. Fry in deep hot fat. Serve with white vinegar seasoned with salt and well-crushed garlic.

Patola With Miswa

1/2 cup pork cut in small pitces
2 sections garlic, crushed
3 tablespoons lard
1 tablespoon chopped onion
2 tablespoons patis
1 patola cut crosswise
1/2 cup shrimps (meat)
6 cups of water
Pepper to taste

Fry garlic, shrimps and the pork. Add patis and cover. Add the juice of the shell of shrimps. Bring to a boil. Add salt and pepper. A few minutes before serving, add patola, miswa and onion.

Torta de Cangrejo

5 medium-sized crabs, cooked in water and shelled
3 eggs beaten
1/4 cup bread crumbs
3 tablespoons butter
1 clove garlic
3 tablespoons minced onion
Lard for frying

Saute the minced onion in butter, then add the crab meat. Cook for 2 minutes. Season with salt and pepper. Remove from fire. Add the crab meat to the eggs. Put the crab mixture in crab shells. Sprinkle with bread crumbs and fry in hot lard. Serve hot.

Luto Sa Taucho

One fried bangus
2 tomatoes, cut fine
1 section garlic, crushed
1 onion, cut fine
1/4 cup white vinegar
1 square taujuri, crushed
1 cup water
1 inch ginger root (crushed)
3 tablespoonsfuls lard

Saute the spices in lard, add onion and tomatoes. Cook for five minutes. Then add the taujuri and water. Season with vinegar. Add the fried fish. Bring to boil and serve.

Crab Cakes

2 tablespoons butter
1 cup soft bread crumbs
1 pound crab meat, fresh or canned
1 egg, well beaten
1 tsp. dry mustard
Salt to taste
2 or 3 tablespoons minced onion

Melt butter and brown the onion in it. Add the flaked crab meat and the seasonings, then the bread crumbs and the egg. If mixture seems dry, add a little milk. Drop by spoonfuls into hot lard and fry until golden brown, shaping each portion neatly into cakes as they fry. Unless the lard is hot, the cakes will just absorb the lard and became soggy. With Superflame, you can turn the flame high and keep the lard at an even temperature throughout the whole cooking time.

Bamboo Shoot

2 cups grated bamboo shoot
1/4 cup lean meat of pork cut in small pieces
1/4 cup shrimps cut in small pieces
8 camias cut into fours lengthwise
1/4 pound calf liver cut thinly
1/2 tablespoon of lard
2 sections of garlic
1 cup water

Heat lard and brown in it the garlic which has been previously macerated. Pour in the pork meat and calf liver and saute. Cover and lower the fire to a simmering degree for 15 minutes. Add the filly cut shrimps and camias. Stir well and let it simmer for 10 minutes more. Add the grated bamboo shoot previously parboiled and cook for 10 minutes more. Salt to taste and serve.

Pepino Salad

2 pepinos
1/2 cup vinegar
1 teaspoon sugar
Salt and pepper to taste

Pare and slice the pepinos. Wash and add the other ingredients. Put in the icebox before serving.

Banana Heart Salad

Boil in water and salt the young heart of a banana plant (Butuan). Cut fine after boiling and soak in cold water with salt. Beat well 1/2 cup salad oil, 1 tablespoon vinegar, salt and pepper. Press the water out of the banana heart and pour the dressing over it hours before serving.

Lumpiang Frito

1 cup sotanghon, cooked
1 cup taingang daga, chopped and cooked
Sibuyas mura (ten leaves)
3/4 cup meat of fresh shrimps, minced
2 eggs
Lard
Pepper
Lumpia wrappers

Cook the sotanghon and the taingang daga in boiling water. Add the shrimp meat, eggs, sibuyas mura and salt and pepper. Make rolls of lumpia with the lumpia wrapper. Fry golden brown. Serve with the following sauce:

1 clove garlic, crushed
1 siling labuyo, crushed
1/2 cup patis
1/3 cup vinegar
Mix and bring to a boil.

Guinisang Repollo (Cabbage)

1 kilo cabbage
1/2 onion minced
1 cup diced pork
1 cup shrimps (meat)
3 ripe tomatoes, cut fine
1 cup juice of shrimp shells
Lard
Salt
1 clove garlic (crushed)

Cut the cabbage in fine slices. Fry the garlic, when brown add the onion, tomatoes. Add the shrimps and pork. Cook until nice and brown, then add the cabbage. Add the juice of the shrimp shells made by crushing the shells fine and adding water. Cover pan and cook until cabbage is done.

Guisado de Garbanzos y Chorizos

2 cups garbanzos (cooked)
1 cup diced potatoes (boiled)
2 pimientos morones cut in pieces
3 tablespoons olive oil
2 sections garlic
2/3 cup of broth

Fry the garlic in oil, later add the chorizos, garbanzos and potatoes. Salt and add the broth. When it boils add the pimientos. Cook for a few minutes until the mixture thickens and serve.

Pinacbet

3 eggplants (sliced in inch lengths)
1 large tomato (sliced in inch lengths)
1/2 cup string beans, (cut 1 1/2 inch as above)
Fried fish or shrimps
Salt to taste
1 ampalaya (sliced in inch lengths)
2 tbsps. bagoong
Salt to taste

Place all ingredients in native palayok. Cover tight and allow to simmer in low flame in natural juices. Shake pot, holding cover tight against opening to mix and stir. Do not open when done, the vegetables should be cooked but not mushy. Serve hot.

Lengua Estofada

Ox tongue
4 onions, halved
2 heads garlic
1/2 cup native vinegar
3 whole tomatoes
1/2 cup butter or lard
1/2 cup soy
1 cup white wine
1 tbsp. brown sugar
Salt and pepper

Rub tongue with salt and pepper.

Cook with the rest of the ingredients in a tightly covered vessel over slow fire. Turn occasionally to prevent burning. When cooked, remove and wash the tomatoes and strain back into vessel. Add stock to cover and continue cooking till tender.

Relleno (Fried Stuffed Peppers)

1-1/2 cups cooked veal
1/2 cup seeded raisins
1/2 cup cooked sausage meat or boiled ham
1/2 cup blanched almonds
Tomato sauce
1/2 cup veal stock
1/3 teaspoon salt
1/4 teaspoon pepper
6 green peppers
1 egg

Pass the veal and sausage meat or ham through the food chopper. Then season with salt and pepper. Chop the raisins and almonds coarsely. Moisten with the stock. Parboil the peppers, remove the seeds and white connecting tissues and rub off the outer skin. Slit down the sides so that they lie flat. Place a portion of the stuffing on each. Roll up and either tie or fasten with small wooden toothpicks. Beat the egg, add the flour to it, dip each pepper into this mixture and saute until brown in oil or other preferred frying fat. Serve hot with rich tomato sauce.

Mole de Cerdo

1/2 kilo beef and pork
1/2 cup flour of roasted rice
2 sections garlic, crushed
1/2 cup peanut, powdered
2 tablespoons lard
2 tablespoons achuete immersed in 4 cups warm water
Salt to taste

Fry the garlic; then add the beef and pork cut in pieces. Season with salt. When brown add the water colored by achuete. Thicken the broth by adding the rice flour and the peanuts.

Asado de Carajay

1 whole chicken
1/2 cup vinegar
1 onion
1 tomato
1 head garlic
1/2 tablespoon pimenton
1/2 cup shortening
1/2 hoja de laurel
Salt and pepper

Boil chicken in the vinegar adding crushed garlic, salt and pepper. When the liquid has evaporated, add the shortening and brown the chicken and garlic. Add the tomato cut in small pieces, onion, pimenton, laurel leaf and 1/2 cup water. Cover well and cook in slow fire.

Brinje

1 chicken cut in pieces
1 cup meat of shrimps
1/2 cup ham cut in small pieces
1/2 cup diced pork
1 head garlic crushed
1 sliced onion
1/2 cup curry powder
3 cups washed rice
Milk of 1/2 coconut (6 cups with water)
2 tablespoons lard
1/2 hoja de laurel
Salt and pepper

Fry the garlic, add the onion, shrimps, pork and ham. After a little while add the chicken, curry powder and rice. Add salt and pepper to taste and add the coconut milk. Mix well. Cover and cook until rice is cooked.

Crab Adobo

5 crabs
1/4 cup vinegar
1 clove garlic
1/4 cup water
1 tbsp. Purico
1/2 cup coconut milk

Wash crabs and cut into halves. Place crabs in "carajay" with enough water, vinegar, minced garlic and salt to taste. Cover carajay and cook the crabs. When the liquid is partly absorbed, add enough Purico. Lastly, add rich coconut milk. Cook a few minutes more. Serve.

K i l a w i n

2 banana blossoms
2 cloves minced garlic
2 cups shrimp liquor
4 tablespoons Purico
1 cup shelled shrimps
1 sliced onion
1/2 cup rich coconut milk
Vinegar, salt and pepper to taste

Remove the tough outer covering of banana blossoms and slice the heart thin, crosswise. Salt the pieces. Squeeze out salt and rinse in water. Mix shrimps, onion and vinegar, Saute garlic, then add the shrimp mixture. Add banana heart and cook until tender. Pour in the shrimp liquor and stir. Add seasoning and just before removing from fire, add coconut milk.

V. Dishes for Fish, Crabs, Oysters & Shrimps

Chinese Cabbage and Oysters

Shred the cabbage and parboil it in salted water for 10 minutes. Butter and fill a shallow baking dish with the drained cabbage shreds. Saute in butter 1 dozen oysters till their edges begin to crimp, then lay them on the bed of cabbage. Pour over them a thin cream sauce made with the oyster liquor top with crumbs browned in butter and finish by browning in a hot oven for 20 minutes.

Pickled Tulya

2 cups tulya meat
1/4 cup chopped onion leaves
3 or 4 pieces pepper (siling labuyo)
1 1/2 cup vinegar
Salt and pepper to suit the taste
1 jigger whiskey or gin

Remove the tulya from the shells. Blanch the tulya meat. Mix vinegar, salt, whiskey or gin, onion leaves and the pep-

per (cut into small pieces). Add this mixture to the blanched tulya.

Oysters may be used if desired.

Oyster Fritters

1 1/2 cups oysters
2 eggs
1 cup milk
1 tsp. baking powder
2 cups flour
1/2 tsp. salt

Chop the oysters. Make a batter of the eggs, milk, flour, baking power and salt. Stir the oysters and the batter and drop by spoonfuls into deep hot fat (350° to 365° F.)

Crab (Alimango) Adobo

4 big female crabs
6 cloves garlic
1/2 cup water
Salt, vinegar and pepper to suit the taste
1 cup lard

Clean the crabs (alimango) very well, being careful to brush or scrub the shell very well. Remove the claws. Open, cut into halves and remove the coral (aligue). Place coral together in a cup. Season coral with the juice of 2 medium-sized calamansi or one native lemon (dayap). Set aside until ready to use.

Put the crabs in a frying pan or carajay. Add the minced garlic, salt, pepper and vinegar to suit the taste. Add water. Boil from 10 to 15 minutes or until cooked. When cooked removed the broth; add the lard and fry for about 5 or 10 minutes. Add broth to coral mixture, then add to the fried crabs. Let boil until sauce is thick and lard shows on top. In case lard is not enough add as desired.

Note: Native vinegar gives this recipe a better taste.

Baked Shrimps

One and one-half cups of shrimps cut in small pieces; six tomatoes, two tablespoons butter, two slices of onions, one cup of bread crumbs, one-fourth cup cream and salt to taste.

Remove the top of the tomatoes and scoop the pulp out. Melt the butter in the frying pan and fry the onion in it. Add into mixture the bread crumbs and the cream and when it is thick, smooth paste, add the shrimps and cook for three minutes. Add salt and a little pepper, if desired, and put the mixture in the tomato cases. They may be served in the raw cases, but if preferred, the tomatoes may be put in buttered baking dish and baked in the oven. Serve with toasted bread.

Baked Eel

Have the eel skinned, split and backbone removed. Cut into two-inch pieces, wash in salted water and dry thoroughly. Dredge with flour, salt and pepper, and place in a buttered baking pan and add 1/2 cup water. Cook until eel is browned.

Clean the fish without removing skin or bones. Slice and season with salt. Cook onions in water for about 20 minutes. Add the vinegar, spices and fish. Boil for one hour. Remove the fish, strain the liquid, and pour over fish. Store in stone crock with liquid.

Stewed Eel

1 kilo eel
1/2 teaspoon salt
1 tablespoon butter
1 tablespoon flour
1/8 teaspoon pepper

Skin and clean the eel. Remove all fat carefully from the inside. Cut eel into two-inch lengths. Place in saucepan with salt and water to cover. Cover pan closely and let simmer for one hour or until tender. Remove eel. Blend flour, salt, pepper and add to remaining liquid in pan and cook three minutes longer. Pour on eel.

Fish in Wine Sauce

1 1/2 pounds fish fillets
1 cup white wine
1/2 tablespoon lemon juice
12 large mushrooms, sliced
1/4 cup butter
2 egg yolks
1 cup heavy cream
1 tablespoon chopped parsley
3/4 teaspoon salt
1/8 teaspoon pepper

Poach the fish fillets in wine and lemon juice, until tender. Saute the mushrooms in butter. Remove fish to hot platter, and keep warm while making sauce. Heat wine to boiling point using wine in which fish was cooked. Beat egg yolks and add cream. Pour the wine over mixture, stirring constantly. Add remaining butter, parsley, salt and pepper. Pour over hot fish and serve.

Fish with Egg Sauce

This is a "restaurant" dish but easy to prepare.

Lapu-lapu is the ideal fish for this dish, but apahap or talakitok will also do.

After cleaning the fish, boil whole, in a little water to which have been added the following: 2 teaspoons vinegar or the juice of one calamansi, a small bunch of native onions, a teaspoon of peppercorn, a small piece of ginger and salt. Boil the fish until just done, not any longer. Lift it up carefully from the water and lay it on a serving platter. Set aside while you prepare the sauce.

Egg Sauce

1/3 cup butter
1/3 cup flour
1 tall can evaporated milk, diluted with
3/4 teaspoon salt
1 teaspoon Worcestershire sauce
Dash of white pepper
2 hard-boiled eggs
1/2 cup peas, if desired

Heat the butter in a small saucepan, add the flour and blend thoroughly. Add the milk and water gradually, stirring constantly. Add the seasonings and cook hot water until thickened. Add the eggs, chopped, and the cooked peas. Pour over the fish. If fish is small, use only 1/2 of the recipe.

Fish with Tokwa

This is a Chinese dish which must be eaten while it is hot. The addition of tokwa increases the protein value.

Cut fish slices, without bones, into squares about two inches on each side. Season with salt and roll in cornstarch with a little water to make a sauce. Add the fried fish and fry in lard until crisp. Set aside.

In the same frying pan in which you have cooked the fish squares, saute one or two sliced tomatoes and a few slices of onion. Add the tokua, cut into the same sizes as the fish, cook, stirring frequently, until sauce is thick. Add chopped kinchay and serve immediately.

Fish Au Gratin

8 white fish fillets
1 cup Nido full-cream powdered milk white sauce
4 tablespoons butter
1/3 cup grated cheese
1/3 cup fine bread crumbs

Place fillets in greased pan, sprinkle with salt and pepper and bake 5 minutes in hot oven. Arrange in buttered dish the fish fillets alternately with the Nido full-cream white sauce. Cover with the grated cheese mixed with bread crumbs. Do with butter and bake in hot oven (400° F).

Baked Apahap with Lobster Sauce

1 medium-size apahap
3 ripe tomatoes
3 onions
1/3 cup olive oil
1 bay leaf
1/2 cup water
Salt and pepper to taste

Place the clean apahap into the boiler and season with salt and pepper. Put a layer of sliced tomatoes and onions around and on top of fish. Pour the water over with olive oil and bay leaf. Bake in moderate oven and basting it with the sauce until done. Transfer fish into a platter and pour on top the Nido full-cream Lobster sauce.

Lobster Sauce

Melt in a saucepan 2 tablespoons butter and add 1 tablespoon chopped onion. Add 2 tablespoons flour and mix well. Season with salt and pepper and 1/4 teaspoon dry mustard, 1/4 teaspoon paprika and 1 cup diluted Nido full-cream powdered milk. Stir and cook until thick and add 1 teaspoon chopped lobster.

Bacalao a la Vizcaina

1/2 kilo bacalao
1 small can tomato sauce
1 large onion, finely sliced
2 or 3 potatoes
Olive oil
1 small can or jar of pimiento

If bacalao is salted, soak in plenty of water overnight. In the morning, drain off the water and see if the fish is soft enough to be boned. If not, soak in fresh water again. Or, boil in water for about 10 minutes, then bone.

Flake the fish meat and fry until crisp in olive oil or lard, if olive oil is not available. This is done to remove some of the strong odor of the fish. Set aside while you prepare the sauce.

Saute the sliced onion in olive oil or lard. Add the tomato sauce and the sliced pimientos. Add the fish and the potatoes, cut into small cubes. The potatoes will absorb some of the salt in the fish.

Crab Patties

3 tablespoons butter
4 tablespoons flour
2 cups crab meat
1 cup milk
1/2 cup bread crumbs
1 teaspoon finely chopped onion
1/2 teaspoon salt
1/4 teaspoon Worcestershire sauce

Melt butter, add flour and mix well. Slowly add milk and cook until thick. Add remaining ingredients. Cool and form into round patties. Roll in bread crumbs, dip in egg previously beaten and roll again in bread crumbs. Fry in deep hot fat and drain on absorbent paper. Serve hot with the following sauce:

To one cup mayonnaise dressing add ten small sweet pickles finely chopped and a teaspoon of minced parsley.

Pickled Shrimps

1 cup good strong vinegar
A few black peppers
1 bay leaf
1 onion, minced
2 teaspoons fine salt
1 teaspoon sugar
1/2 kilo shrimps

Mix all the ingredients except the shrimps and boil. Pour over the shrimps, boiled and shelled. Let stand overnight to ripen before using. If you have an icebox, this pickle will keep indefinitely in it. Use as an appetizer.

When drained, the pickled shrimps are also good in a salad (lettuce, tomatoes and onion or radish) or in Shrimp Vinaigrette (shrimps, onion chopped tomatoes, sweet pickle relish and bottled mayonnaise).

Deviled Crabs

2 small onions
2 tablespoons butter
1 tablespoon flour
1 tablespoon lemon juice
1/2 cup buttered crumbs
1/2 cup chopped mushrooms
1/2 cup water
1 teaspoon Worcestershire sauce
1 tablespoon chopped parsley
1 pint flaked crab meat
1 chopped hard-boiled egg
1/4 cup melted butter
4 tablespoons Nido full-cream powdered milk
Dash of cayenne

Add Nido full-cream powdered milk to water and mix. Chop onions and saute in butter. Add flour, lemon juice, Worcestershire sauce, cayenne, parsley and milk. Cook until well blended and add crab meat and egg. Fill crab shells or baking shells, cover with buttered crumbs, pour over melted butter and bake in moderate oven until brown. Serve with crab claws, lemon and parsley.

Oyster Specialty

Select two dozen large oysters and have ready as many pieces of thin strips of bacon. Fasten the edge of the bacon

with a toothpick. Place these pieces in a hot pan and brown on one side, turn and brown the other. Serve hot.

Baked Shrimps

Shell 6 large shrimps (sugpo). Make a paste of ground liver and bacon (1/4 kilo of the former and 8 pieces of the latter), one small onion chopped fine, 1-1/2 cups bread crumbs and yolk of 2 eggs. Grease rather liberally a baking pan, arrange the paste on it so as to practically cover the bottom of the pan and lay the shrimps side by side. Bake in hot oven until nicely browned. Serve with white sauce to which one tablespoon of lemon juice has been added.

Baked Talakitok with Cheese

1 lbs. fish
4 slices salted pork
1/2 lb. cheese
Salt and pepper

Cut the salted pork in small pieces and spread them in an enamel ware or aluminum baking pan. Lay the fish on top of them with salt and pepper. Cover with cheese which has been previously grated. Bake for twenty-five minutes.

Steamed, Fried or Baked Fish

2 kilos fish — 1 large or 2 medium size
Juice of 3 medium-sized calamansi
4 cups toyo
4 native eggs or 2 white leghorn eggs
1 kilo fat or oil
1/2 cup butter or lard

For garnishings:
3 hard-boiled eggs
1/4 cup green onions
1 small cucumber
3 large tomatoes
1 medium-sized boiled or fried shrimps

If frying is desired, use 4 native eggs or 2 white leghorn eggs. For frying use the fat or the oil. If baking is desired then use butter or lard. Slice the hard-boiled eggs crosswise or chopped. Chop the green onions. Skin and slice crosswise the cucumber. Slice crosswise the 3 large tomatoes. And remove the skin and leave the heads and tails of the shrimps.

Steamed Fish:

Make two or three diagonal cuts on both sides of the fish and soak in toyo and calamansi juice. Place the fish in a pan and steam for one hour. When done remove from the steamer and place on a platter. Garnish with the above garnishings. Serve hot with Genovese sauce.

Baked Fish:

The preparation is similar to steamed fish except that the 1/2 cup of lard or butter is placed in the oven. It takes about 40 minutes of baking if one uses the medium-sized fish.

Fried Fish:

Soak the fish in toyo and calamansi juice for a quarter of an hour or more. Drain and dip in well-beaten eggs. Fry in deep hot fat until done. Unlike steamed and baked fish, the tomatoes and cucumber may be placed in a separate dish as an accompaniment, not as garnishings. Likewise, the sauce is never poured over a fried fish. It is served in a separate dish. In baked or steamed fish, the sauce may be poured over the fish and the garnishings placed on top.

Camaron Rebosado

Peel raw shrimps, being careful to leave tails and heads. Break an egg into a saucer, add a tablespoon of water or

milk, a little salt, and beat to a froth.

Place some gawgaw or flour in another saucer.

Holding a shrimp by its tail, dip it first in beaten egg then in flour, then in egg again. Drop into deep, hot fat and fry until golden brown. Serve at once with toyo and calamansi.

Repeat this process until all shrimps have been fried.

One of our favorite dishes is boiled pork backbones and tail. These are cheaper and more delicious and take to long boiling like a duck to water.

Baked Apahap De Luxe

1 medium-sized apahap
3 ripe tomatoes
3 onions
1/3 cup olive oil
1/2 cup water
1 bay leaf
Salt and pepper to taste

Clean the fish and season with salt and pepper. Place in a shallow baking pan and cover with a layer of sliced tomatoes, onions and bay leaf. Combine water and olive oil and pour over fish. Bake in a moderate oven, basting fish with the sauce once in a while, until it is done. Serve with Lobster Sauce.

Lobster Sauce

2 tablespoons butter
1 tablespoon minced onion
2 tablespoons flour
1/4 teaspoon dry mustard
1/4 teaspoon paprika
Salt and pepper to taste
1 cup evaporated milk
1 tablespoon chopped mushrooms or olives
Meat from a cooked lobster

Melt butter in a frying pan and add the onion. Cook onion until brown. Add the flour and mix well. Season and stir in the milk. Cook, stirring all the time, until the sauce is thick. Add mushrooms or olives, then the cooked meat from a lobster, finely chopped. Heat thoroughly and serve separately.

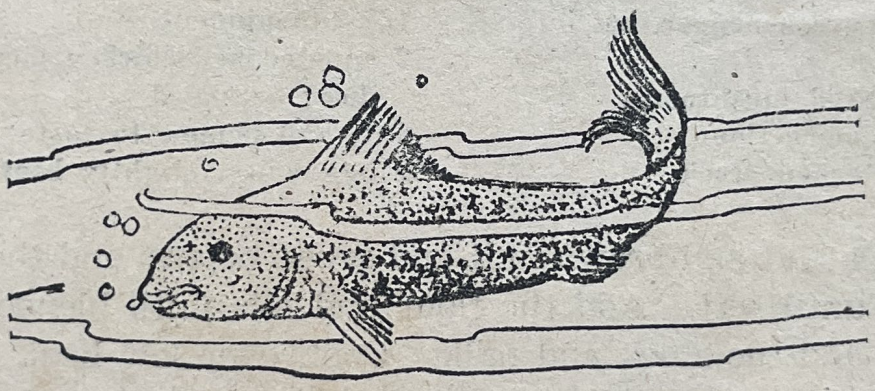
Most of us serve or like to eat asparagus just as they come out of the can or as decorations on chicken salad. Try these two ways of serving them, for a change:

Fish en Adobe

1 large fish
5 tablespoons vinegar
1 head garlic, crushed
5 tablespoons water
1 onion, minced
6 green peppers, sliced on strips
2 laurel leaves
Salt
Lard

Clean the fish; cut crosswise in pieces 2 1/2 centimeters thick. Salt and fry and set aside.

Fry garlic, onions and pepper. Add the laurel leaves and vinegar. Add the fish and water. Season to taste and continue simmering for about 5 minutes. Serve 6.



VI. Chickens

How To Serve Them

Chicken a la King

1/3 cup fat (butter or margarine)
1/2 cup green pepper, cut into strips
1 cup sliced mushrooms
4 tablespoons flour
1 cup chicken stock
1 cup milk
1/2 cup pimiento
2 cups cooked chicken meat, diced or sliced
Salt and pepper to taste
2 egg yolks, slightly beaten

Heat fat and brown in it and green pepper and the mushrooms until soft. Add the flour and stir until blended, then slowly add the stock and milk. Cook over low heat, stirring all the time, until thick and smooth. Add the pimiento and chicken, season and heat thoroughly.

If desired, sliced onion and carrot, as well as celery may be added to the above vegetables. 1 cup of ham, sliced, may also be substituted for 1 cup of the chicken meat.

Stir a little of the sauce into the slightly beaten egg yolks, then add this yolk mixture to the chicken mixture, just before serving. After egg yolks have been added, do not reheat or the sauce will curdle. Serve on mounds of rice or toasted bread.

Libby's salmon or tuna may be used instead of chicken in the above recipe.

Rice Stuffing For Chicken

4 cups hot-boiled rice
1 tablespoon grated onion
1 tablespoon cream
1/8 teaspoon pepper
1/2 cup peanut butter
2 tablespoons chopped parsley
1/2 teaspoon salt

Combine hot rice and peanut butter; mix together lightly. Add onion, parsley and cream, and season with salt and pepper. This stuffing is sufficient for a 4 to 5-pound chicken.

Chicken Dinner

1 fowl
Sliced onion
Flour
1/3 cup fat (preferably pork lard)
8 small white onions
String beans

Clean, wipe and singe fowl. Sprinkle cavity with salt and stuff with the sliced onion. Truss the fowl, that is, tie the ends of the legs and the wings together. Combine 1/4 cup flour and 2 teaspoons fine salt and coat the chicken with this mixture. Brown well on all sides in hot fat in a carajay or large pot with a cover. Add 1-1/2 cups hot water and 2 bouillon cubes or a tablespoon of good toyo. Simmer, covered, for 3 hours until chicken meat is tender, adding a little more water when necessary. If the cover is tight and the fire is low so that the liquid in the pot will just simmer, you will find that the addition of more water will not be necessary.

Place the onions and the beans beside the chicken, sprinkle with salt and cook until done. Add a tablespoon or two of fat, sprinkling it over the vegetables, if you note that there is very little of it in the gravy or sauce in the pot.

Baked Chicken and Eggs

6 hard-boiled eggs
2 cups of chopped cooked chicken
1 1/2 tablespoons butter
3 1/2 tablespoons flour
2 cups of chicken stock
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup dry bread crumbs mixed with 1 tablespoon of melted butter

Chop the eggs fine. Make sauce of the melted butter, then mix with the flour and seasoning, and add the stock gradually. After it has boiled, add half to the eggs and the other half to the chicken. Arrange in alternate layers in a buttered baking dish, cover with crumbs and bake one-half hour in a moderate oven.

Baked Chicken with Milk

Prepare a chicken for roasting. Mix a dressing of bread crumbs moistened with butter, salt, and a little pepper. Stuff the chicken with this. Place it in a baker and put six cups of milk in the bottom of a pan. Cover and bake in a moderate oven until chicken is tender, turning and basting as often as necessary. Thicken the gravy in the pan and season it with salt.

Roast Chicken

1 large dressed or 2 medium-sized chicken
1/4 cup toyo
4 tablespoons calamansi juice
1 cup dry or 3 cups fresh kidney beans
4 strips and 1/2 cup chopped bacon
1 cup Vienna sausage
2 boiled eggs
1 ground pork
1/2 tablespoon pounded garlic
3 tablespoons lard

Dress the chicken and make a slit at the bottom end. Soak the dry beans overnight and cook till done. Remove the covering. Slice crosswice. Cut into quarters.

Sprinkle the chicken with pepper and soak in toyo and calamansi juice. Meanwhile prepare the stuffings in the following manner: Saute the garlic till light brown using 3 tablespoons of lard. Add the ground pork seasoned with pepper. Cover and cook for 10 minutes stirring once in a while to prevent scorching. Then add the chopped bacon and cooked beans. If fresh beans are used, they should not be boiled previously and a little stock should be added to cook the raw beans. Cover and allow to cook till done. Add the Vienna sausage, stir and remove from the fire.

Stuff the chicken, filling the cavities with the above preparation and hard-boiled eggs. Truss the chicken and place the bird with breast side up in a pan. Roast chicken and then serve with trimmings.

Fried Chicken

Select a small dressed chicken; cut into serving pieces. After washing, wipe the pieces as dry as possible. Sprinkle with salt and pepper, dredge with flour by shaking in a paper bag with about 1/2 cup of flour or coat with cracker crumbs or a mixture of 3 parts flour and 1 part corn meal, or dip in egg and crumbs.

In a heavy skillet melt fat to a depth of 1/2 to 1 inch. Half butter and half vegetable fat or lard gives a delicate flavor to fried chicken but any kind of fat may be used with good results. When the fat is moderately hot, gently lower the pieces of chicken into it. Do not crowd them. Turn the pieces allowing them to brown on all sides. If a crisp crust is desired, cover the pan during the first half of the cooking period, then uncover. For a tender crust, brown the pieces at once with the pan uncovered, then cover for the last half of the cooking period. Cook for 1/2 to 1 hour depending on the size and age of the fowl.

Hawaiian Chicken

1 cup diced, fresh or canned pineapple
2 cups diced cooked chicken
2 cups veloute sauce
1 1/2 cups toasted coconut

Heat the pineapple and chicken in veloute sauce. Sprinkle with toasted coconut. Serve hot with rice, or in halves of small pineapple shells.

Veloute Sauce: 1/4 cup butter, 1/4 cup flour, 2 cups chicken stock, salt to taste, dash white pepper and 1/8 teaspoon nutmeg.

Melt butter over low heat. Add flour and stir until well blended. Remove from heat. Gradually stir in stock and re-

turn to heat. Cook, stirring constantly, until thick and smooth. Add seasonings.

Chicken Maryland

Fry chicken as directed above. Make a cream gravy with the drippings in the pan and pour over chicken. "Chicken Cream Gravy": Pour off all but 4 to 6 tablespoons of drippings; add 4 to 6 tablespoons of flour, stir until blended. Slowly add about 3 cups of milk or half milk and half light cream. Stir over low heat until thick and smooth. Season to taste.

Southern Fried Chicken

Instead of drying the pieces of chicken leave them dripping wet and coat heavily with flour to which baking powder has been added (1 teaspoon to a cup of flour). Fry as directed above, using melted fat to a depth of 1-1/2 inches. This method gives a crisp crunchy crust to the chicken.

Chicken with Celery

13 1/2 pound chicken
Large lump butter
2 tablespoons hot sherry
1 sliced onion
1 small stalk celery, sliced
2 sliced apples
3 level tablespoons flour
1/2 teaspoon meat glaze
1 1/2 cups light stock
Salt and pepper
Bouquet of herbs
1/2 cup thin sour cream
Little grated Permesan cheese
1 apple, cored and cut in rings

Brown chicken all over in hot butter; pour over the hot sherry. Remove the chicken. Place in the pan the onion, celery and 2 sliced apples; cook slowly until vegetables are soft and nearly cooked. Remove from the fire and stir in carefully the flour and meat glaze. Pour in the stock. Stir over the fire until the mixture comes to a boil. Put back chicken with salt, pepper and herbs. Cover and cook very slowly until tender (approximately 40 minutes). Remove the chicken and arrange in casserole.

Strain liquid in which chicken has been cooked and pour over the vegetables in the pan. Bring slowly to a boil. When bubbling, stir in the sour cream and the grated cheese. Simmer for 4 to 5 minutes. Pour over the chicken and garnish top with apple rings, which have been fried until golden in butter, and little bundles of celery, which have been cooked in sherry.

Deep-Fat Fried Chicken

Dip pieces in flour, egg and crumbs. Lower gently into deep hot fat and cook 10 to 15 minutes or until brown. Drain on absorbent paper. Place on a rack in a roasting pan cover and cook in a moderate oven for about an hour.

Savory Fried Chicken

2 trying chickens
1/2 cup fat
1 cup sliced onion
1 cup diced celery
6 tablespoons flour
3 cups milk
1/4 teaspoon sage
1/4 teaspoon thyme
2 to 3 teaspoons salt
Pepper

Coat pieces of chicken as directed for fried chicken. Heat the fat in a heavy skillet and brown the chicken. Remove the chicken to a casserole. To remaining fat in pan add onion and celery; cook over low heat until soft and lightly browned. Stir in the flour; slowly add milk and stir over low heat until thick and smooth. Add seasonings. Pour gravy over chicken. Cover casserole and cook in a moderate oven, about 1 hour or until chicken is tender.

Chicken with Lobster and Fried Eggs

2 broilers
2 tablespoons hot sherry
1 tablespoon tomato paste
2 tablespoons flour
1 1/2 cups stock
3 finely chopped mushrooms
4 or 5 tomatoes
1 bay leaf
Salt and pepper
Lobster meat

Cut up chicken and brown well in hot butter; pour on the hot sherry. Remove chicken and add to the pan the tomato paste and flour. Stir until smooth; pour on stock. Stir over the fire until the mixture comes to a boil; add chopped mushrooms. Put back chicken with tomatoes, skinned and sliced bay leaf, salt and pepper. Cover and cook fairly for about 45 minutes. Remove and arrange chickens on serving dish. Place on top slices of cooked lobster meat.

Pour over the sauce and garnish with lobster shells, croutons of fried bread and fried eggs.

Chicken Louisette

1 chicken (about 1 1/2 kilos in weight)
2 tablespoons butter or margarine
1 small onion, chopped
1 clove barlic, crushed
4 medium-sized tomatoes, peeled, seeded and chopped
1/2 glass white wine
1/2 cup chicken stock or tomato juice
1 tablespoon flour or cornstarch
1 teaspoon chopped parsley, if available

Cut chicken into 8 pieces. Brown in hot fat. Add the onion and cook until it is golden brown. Add wine, cook a couple of minutes. Sprinkle with flour, add the garlic, fresh tomatoes and stock. Cover and cook until tender. Remove the chicken to another pan, strain the sauce, add to the chicken. Cook for 10 minutes.

Fry some rice with chopped ham and shrimps or pounded hevi. Heap fried rice on large serving platter, then arrange chicken pieces in the center. Pour the chicken sauce over all and sprinkle with chopped parsley or green onion leaves.

Galantina de Gallina Trufada

Clean a chicken and remove the skin. Spread it out and rub with white wine or sherry, salt and nutmeg. Bone the chicken, separate the breast and cut into long slices. Pass the rest of the meat through a grinder with 1/2 kilo veal, 1 cup bread crumbs soaked in milk, and 150 grams of bacon. Season with salt, pepper, and nutmeg, white wine and three eggs. Pass through a sieve. Add equal quantities of lean ham, Vienna sausage and truffles. Use this for filling. Then shape the "galantina." Bind the two ends of the skin together. Wrap tightly in a napkin and cook in a saucepan with plenty of water, until cooked. Serve with aspic.

Aspic: Pass a quantity of chicken broth through a collander and add the yolks of two well-beaten eggs. Set the broth over a fire. Add 12 pieces of fish fins for every liter of broth used.

Chicken Pie

4 hard-boiled eggs
Salt to taste
1 cup of chicken stock
Legs and breasts of 2 chickens
2 Spanish sausages cut in 4 pieces lengthwise

Boil the bones of the chickens together with gizzards until meat and gibblets are soft. Cut the legs and breasts of the chickens into small pieces and place them in a pie dish. Lay the pieces of sausages over the slices of hard-boiled egg yolk dilluted in 1 tablespoon water. Bake until brown.

Chop the eggs fine. Make a sauce of the melted butter, then mix with the flour and seasoning. Add the stock which should be added gradually. After it has boiled, add to the eggs and the other to the chicken. Arrange in alternate layers in a buttered baking dish, cover with crust and bake one-half hour in a moderate oven.

Chicken a la City Style

1 spring chicken
1/2 cup bread crumbs
1/2 cup grated cheese
2 eggs beaten slightly
Butter or lard for frying
Salt and pepper

Clean and cut chicken in pieces for serving. Season with salt and pepper. Dip chicken in slightly beaten eggs, then in bread crumbs mixed with grated cheese. Fry in hot butter or lard until brown. Place on a platter and serve with the following sauce:

2 tablespoons butter
2 tablespoons flour
3 egg yolks
Salt and pepper
1 cup Nido full-cream powdered milk
Mushrooms

Melt butter on top of a double boiler and add flour. Blend well. Stir gradually the Nido full-cream powdered milk and cook until thick. Season with salt and pepper. Lastly, stir in the slightly beaten yolks and mushrooms. Pour this sauce on top of the fried chicken. Serve with slices of lemon.

Chicken and Rice

1 onion, sliced
2 tablespoons chicken fat
1 cup rice
1 quart chicken broth
3/4 cup diced cooked chicken
1/4 cup minced chicken skin, if desired
Salt and pepper

Cook onion in fat in heavy skillet or saucepan until yellow. Add rice and mix well. Add broth (leftover chicken gravy and water may be added to make 1 quart); bring to boil, cover and simmer about 20 minutes or until rice is done. Add chicken when rice is nearly done. Season to taste and serve.

Chicken Timbales

1/4 cup crumbled dry bread
2 tablespoons chicken fat
1/2 cup milk
1/2 teaspoon salt
1/8 teaspoon pepper
1 spring parsley, minced
3/4 cup minced cooked chicken
2 eggs, grade B, beaten

Brown crumbs in fat; add remaining ingredients. Pour into 4 greased custard cups set in pan of hot water. Bake in moderate oven, 375° F., for 25 minutes or until firm. Serve unmolded or in cups, with or without sauce.

Chicken Curry

1/4 cup chicken fat
2 onions, minced; green pepper, minced
1 1/2 cups diced cooked chicken
1/2 cup cooked celery
Salt and pepper
3 tablespoons flour
3 cups chicken broth
2 or 3 tablespoons curry powder
1 teaspoon vinegar
3 cups hot cooked rice

Cook onion and green pepper in fat 2 or 3 minutes; blend in flour and curry powder. Add broth gradually; cook until thickened, stirring constantly. Add chicken and celery; season to taste with salt and pepper. Simmer 15 minutes. Add vinegar just before serving. Serve with fluffy boiled rice. A little diced green pepper, chopped peanuts and a spoonful of chutney on top of each serving make curry a special treat.

Sweet Potato Chicken Pie

2 cups leftover chicken
1 cup chicken broth
2 tablespoons flour
2 cups, seasoned, mashed sweet potatoes
2 tablespoons chopped parsley
5 or 6 small boiled onions
1 cup cooked or canned peas
1/2 cup cooked sliced carrots
Salt and pepper to taste

Cut meat from carcass. Thicken chicken broth with flour, then add onions, peas, carrots, chicken and seasonings. Pour into baking dish; top with mashed and seasoned sweet potatoes and brown delicately in hot oven.

Roast Chicken With Orange Stuffing

2 cups finely diced celery
1 cup boiling water
1/4 cup minced onion
1/4 to 1/2 cup butter or fortified margarine
2 quarts lightly packed, day-old bread crumbs
2 1/2 teaspoon poultry seasoning
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup peeled, diced oranges with juice
1 tablespoon grated orange rind

Simmer celery in boiling water, cover, until tender. Drain. Cook onion in butter over low heat until tender but not brown. Mix together crumbs and next 5 ingredients. Add celery and onion mixture. Mix well with fork. Use to fill cavity and crop of chicken weighing 5 pounds minus head, feet, and organs.

Maryland Fried Chicken

1 young chicken
(3 to 3 1/2 lbs.)
1/3 cup flour
1 to 1 1/2 tsp. salt
1/4 tsp. pepper
1 egg
1/4 cup milk
1 1/2 cups bread crumbs
1/3 cup fat

Disjoint and dip chicken into flour, salt and pepper mix together. Beat egg; add milk. Dip chicken into egg mixture, then roll in crumbs. Brown in hot fat, turning occasionally to brown evenly. Sprinkle any remaining flour and crumbs over chicken.

Cover tightly and bake at 350 degrees until tender, 1 to 1-1/2 hours. Turn pieces once or twice during cooking. If pan appears dry during oven cooking, add hot water in two tablespoon portions when pieces are turned.

Remove to hot platter. Prepare cream gravy in pan drippings.

VII. Tagalog Recipes

Dinuguang Manok

2 kutsarang mantika
1/2 tasang hiniwang kamatis
1 tasang laman ng manok (tinadtad ng pino)
1 tasang hiniwang sibuyas
1 kutsarang pinitpit na bawang
Ilang dahon ng oregano
1 tasang dugo ng manok
1 dahon ng laurel
Asin at paminta

Gisahin sa dalawang kutsarang Purico ang bawang, saka isunod ang sibuyas at kamatis at lutuin sa 5 minuto. Isama ang tinadtad na pinong laman ng manok. Haluin. Takpan at ipagpatuloy ang pagluluto ng 5 minuto pa. Samahan ng suka, asin, paminta, dahon ng laurel at oregano at ipagpatuloy ang paghalo. Isama ang dugo ng manok na inihalo sa isang tasang tubig. Haluin at lutuin pa sa loob ng 10 minuto. Kung nakurta ang dugo, imasang mabuti sa

dahon ng saging bago ihalo. Upang maiwasan ang pagkakurta, maglagay ng suka o katas ng kalamansi sa pagsasahuran ng dugo ng manok.

Lumpiyang Bisaya

1 ubod ng niyog
1/4 kilong hipon
1/2 kilong baboy
1 kutsaritang asukal
1/4 tasang tahuri
1 tasang katas ng hipon
Panimplang asin at paminta
Mantika

Hiwa-hiwain nang maliliit ang baboy at tinalupang hipon. Katasin ang balat ng hipon. Hiwa-hiwain nang manipis ang ubod ng niyog. Sa 1/4 tasang mantika, gisahin ang hipon at baboy, saka isunod ang ubod ng niyog at katas ng hipon. Pakuluan nang atay-atay hanggang lumambot ang baboy at ubod. Hanguin at itabi upang lumamig. Masahin ang tahuri sa asukal at gisahin sa 2 kutsaring mainit na mantika. Bago balutin, pahiran ng isang kutsaritang tahuri and sariwang letsugas at lagyan ng dalawang kutsarang sinahugang ubod ng niyog. (Ang hipon at baboy ay maaaring pakuluan nang bukod bago gisahin.)

Relyenong Alimasag

10 malalaking alimasag
1 malaking sibuyas (hiniwa nang pahaba)
4 na kutsarang mantika
2 kamatis (hiniwa ng kuwadrado)
2 butil na bawang
3 itlog na binating mabuti
Panimplang asin at paminta

Lutuin ang alimasag nang malasado. Buksan at ihiwalay ang laman sa balat. Linisin at patuyuin ang talukap. Sa dalawang kutsarang mantika, gisahin ang bawang, sibuyas at kamatis; isama ang laman ng alimasag. Timplahan ng asin at paminta at lutuing mabuti. Batihin ang puti ng itlog saka isama ang pula at ipagpatuloy ang pagbati upang magkahalong mabuti. Lagyan ang mga talukap ng lutong sangkap, at sa ibabaw ay buhusan ng binating itlog, saka pirituhin sa mantika hanggang sa mamula-mula.

Ginataang Hipon

10 hipon na katamtaman ang laki
1 sibuyas
2 butil na bawang
1 kutsarang "curry powder"
2 talong, katamtaman ang laki
2 pirasong niyog na kinudkod
3 kutsarang mantika
Hinog na siling labuyo

Balatan ang hipon at hiwain sa likod ng marahan. Pirituhin ang bawang, sibuyas na ginayat ng pino at ihalo ang **curry powder.** Pagkatapos, ihalo ang hipon at timplahan ng asin. Kapag luto na, ihalo ang pinutol na talong sa gata ng niyog na may kahalong sili. Haluin hanggang kumulo. Idulot nang mainit.

Okoy na Hipon

1 tasang ginadgad na kalabasa at ilang hinalabos na hipon
1/3 tasang gawgaw
1/2 tasang tubig
1 kutsaritang asin
1 1/2 tasang mantika

Tunawin ang gawgaw sa tubig. Idagdag ang kalabasa at asin. Ihulog ng kutsa-kutsara sa mainit na mantikang kasabay ang paglalagay ng isang hipon sa bawa't isa. Pirituhin hanggang mamula. Ihain na kasama ng sawsawang suka na may asin, paminta at bawang.

Tocho

1 bangus
5 malalaking kamatis na hiniwa
4 na butil na bawang na dinikdik
1 kutsarang luyang hiniwa
2 kutsarang tahuri
2 kutsarang tausi
1 malaking sibuyas na hiniwa
1/2 tasang mabuting uring mantika
2 kutsarang sukang puti

Linisin ang bangus at gilit-gilitin ng 1/2 pulgada ang kapal. Asnang mabuti. Hugasan at ipirito sa mainit na mantika hanggang pumula nang kaunti. Itabi.

Ibusa ang bawang, isama ang luya at sibuyas. Ihalo rin ang kamatis, at lutuin hanggang lumambot. Isama ang tahuri na dinurog sa 1/2 tasang tubig. Ibuhos ngayon ang tausi. Pakuluin ng mga 5 minuto. Isama ang suka at pakuluin ng ilang minuto. Ihulog ngayon ang isda at lutuin ng mga 10 minuto.

Ginintuang Isdang Pinirito

2 librang isdang sariwa
1/2 tasang "corn meal"
1 1/2 kutsaritang asin
1/2 kutsaritang paminta
1/4 kutsaritang paprika
1 itlog na binati nang kaunti at sinamahan ng 1 kutsarang tubig
1/4 tasang mantika

Alisan ng balat at tinik ang isda, at paghiwa-hiwain ng husto sa paghahain. Ihalo sa "corn meal" ang lahat ng pampalasa. Ilubog sa itlog ang mga piraso ng isda at igulong pagkatapos sa "corn meal." Pirituhin ngayon sa mantika hanggan pumula ang magkabilang panig. Ihaing mainit at may hiwa-hiwang limon. Sapat para sa anim katao. Ang pulbos ng tinapay ay maipanghahalili sa "corn meal" kung wara nito: o kaya naman ang isda ay maaari ring ilubog sa gatas at saka igulong sa arina.

Kareng Hipon

10 hipon, katamtaman ang laki
1 sibuyas
2 butil na bawang
1 kutsaritang pulbos ng kari-kari
2 talong, katamtamang laki
2 tasang gata ng niyog (1 niyog)
ilang sili (maliit)
3 kutsarang mantika

Talupan ang hipon at hiwain nang bahagya ang dakong likod. Gisahin ang bawang, sibuyas (hiniwa nang manipis),

at samahan ng pulbos ng kari-kari. Isunod ang hipon at timplahan ng asin. Kapag luto na, isama ang talong (hiniwa nang paputol) at kaunting sabaw. Isunod ang gata ng niyog na pinisaan ng isang maliit na pulang sili. Haluin hanggang sa kumulo. Idulot nang mainit.

Panlinggong Manok

1 maliit na manok
2 kutsarang mantika
1 kutsaritang asin
1/4 kutsaritang paminta
3/4 tasang ebaporadang gatas (o gata ng niyog)
1 kutsarang arina
1 latang gisantes
4 na patatas na katamtaman ang laki

Linisin ang manok. Balahibuhan at idarang sa apoy. Putulin sa mga katamtamang mga piraso. Takpan ang isang kawali at painitin. Lagyan ng 2 kutsarang puno ng mantika kung mainit na. Kapag mainit na ang mantika, ihulog ang pinirasong manok at papulahin sa loob nang 3 minuto. Pagkatapos ay buhusan ito ng 3 kutsarang gatas sa ibabaw. Takpan nang mabuti at hayaan sa mahinang apoy hanggang lumambot.

Sa paggawa ng sarsa, alisin ang manok sa kawali kung luto na at ilipat sa isang bandehado. Maglagay ng isang kutsarang arina at 1 tasang tubig sa isang garapon na may takip. Alugin nang mabuti hanggang sa ito'y matunaw. Ilagay sa kawaling pinaglutuan ng manok. Alisin sa apoy at haluin. Lutuin sa mahinang apoy hanggang lumapot. Timplahan ng gatas, asin at paminta sang-ayon sa nanaisin.

Idulot nang may kasamang piniritong patatas sa mantika at de-latang gisantes na pinahiran ng margarina.

Sarsa ng Lechon

1 tasang tubig
1 lata (3 1/4 oz.) "live paste" (giniling na atay)
1/3 tasang karaniwang suka
6 na kutsarang asukal
1 kutsaritang asin
1/2 kutsaritang itim na paminta
5 kutsarang pinulbos na tinapay
1 maliit na sibuyas, tinadtad nang pino
1 ulo ng bawang, hiniwa nang pino
4 na kutsarang mantika

Paghaluin ang suka, asukal, asin at paminta upang matamo ang lasang nag-aagaw ang asim at tamis. Pirituhin ang bawang hanggang sa mamula sa apat na kutsarang mantika. Hanguin at itabi. Pirituhin ang sibuyas hanggang sa lumambot at isama ang pinulbos na tinapay. Pahalu-haluin itong mabuti; isama ngayon ang "liver paste" saka ang tinimplang suka. Pakuluin hanggang sa lumapot. Bago idulot, budburan ng piniritong bawang sa ibabaw.

VIII. Pork Recipes

Pork Roast

Let's start with a kilo of pork (it is more economical in the long run to buy a large piece of meat) from the leg or from the shoulder (this cut is more expensive but you get very little fat and no more bone). You trim this cut and use the small pieces to go with some vegetables or to flavor **sotanghon** or **pancit** or some other quick-to-cook dish for lunch that day. You buy some shrimps, of course. The rest of the pork (kept whole) is placed in a deep pot with a tight cover, and a little water, some black pepper, crushed garlic, a little vinegar and salt added to it. Simmer over charcoal until tender or until all liquid has evaporated. This piece of pork, not unlike **asado,** will keep for as long as four days, and can be the basis of various dishes.

For supper that evening, thinly pare off with a very sharp knife the outside of the roast. Place the slices in a frying pan and heat thoroughly with a mixture of half toyo and half water. Nice to go with this dish are string beans sauted with one sliced onion in the same frying pan in which the pork slices have been heated.

The next day have **Pork with Tomato Sauce.** Slice thinly about one third of the pork roast and heat in a sauce made with chopped tomatoes and sliced onion. For a change, try adding one sweet pepper, red or green, or chopped stuffed or ripe olives to the tomato sauce.

Another dish which may be made with the same pork slices is a group with pechay or mustard leaves in it. Just boil the pork slices in water and when tender, add a bunch or two of pechay or mustard and bring to a boil. Serve with **toyo.**

If there is still a little left of this roast after a day for two, polish it off at breakfast. Serve cold, thinly sliced, with pickles or sweet pickle relish.

Pork cooked this way tastes just like chicken when served cold.

If your family is big, cook two kilos of pork this way, and use some for snack sandwiches.

A d o b o

When we make adobo, we make plenty of it, usually a kilo, with a cut that consists of alternating fat and meat. We choose a young pig—you can tell because the skin is thin —so that the adobo will become tender quickly.

Several dishes may also be prepared with adobo as basis. There's **pinacbet,** the Ilocano **bulanglang,** made with **ampalaya, sitaw,** eggplants, squash, and maybe **kangkong** leaves. You simply saute a little **bagoong alamang,** onion, and tomatoes in a little of the adobo lard and add the vegetables with some pork pieces.

You should serve liver at least once a week, but fresh liver is expensive (8 pesos a kilo here in Manila) and your

food budget does not warrant your making a dish with liver as its main ingredient. Why not serve some of the adobo with a liver sauce? There are canned liver pastes which are inexpensive and in addition, contains wheat germ, which as you probably know, is an excellent source of Vitamin B.

If your children are already beginning to look down on canned pork and beans, which, according to our father-in-law, should be called "plenty of beans with very little pork" instead. Serve the canned beans topped with adobo and they will eat them again.

By the way, have you tried sour pickles with beans?

Of course you know that **humba** starts as adobo. You just season your adobo with toyo and sugar to suit your taste, maybe add a few slices of **saba** bananas, and you have **humba.** Serve with crisp lettuce leaves. (Wrap each pork piece with lettuce and eat it with your fingers as the Chinese do.)

Have you tried American style stew with pork instead of beef brisket or lamb? For this, ribs are best. They are cut into two-inch square pieces and browned first, then simmered in water until tender. Add a can of mixed vegetables or whatever local vegetables are your favorites, or perhaps just white squash, cut into cubes.

For Caldereta (which is Spanish stew), add cubed potatoes, peas, habichuela pods, and sliced red sweet pepper.

Embotido

2 kilos chopped lean pork
1 big can Vienna sausage, chopped
1/2 cup chopped pickles
1 or 2 chorizos de Bilbao
1 big onion, chopped
Salt and pepper
4 raw eggs
1/2 cup flour
3 hard-boiled eggs

Chop pork, add chopped pickles, onions, Vienna sausage. Leave some of the sausage whole. Add chopped ham and chorizo. Mix all together thoroughly. Season with salt and pepper. Add toyo, 1/2 teaspoon sugar. Mix well and add raw eggs one at a time. Add flour. Set aside. Prepare "unto-sin-sal" or leaf lard. Cut leaf lard into pieces, the size of a typewriting paper. Lay pieces flat on a clean board. Lay ingredients on this as follows: spread of layer of chop-

ped mixture, putting at the center hard-boiled eggs, sausage which were left whole and pickles. Cover this with another layer of chopped meat and then roll. Wrap in cheese cloth. Tie both ends. Steam at low temperature, adding enough water to cover. When done, cool, then freeze in ice box. To serve, cut into slices, garnish with greens. Serve with gravy.

GRAVY: Brown 4 tablespoons flour in pork lard. Add toyo, sugar, pepper and the broth from the embotido.

Boiled Pork Bones with Mustard Leaves

If the butcher is your friend, you can ask him to leave more meat sticking to the bones than is his custom. Cover the bones and tail with water and bring to a boil, then place the pot over charcoal and leave it there for about three hours, after which the meat will become so tender it is separating from the bones.

Pour off some of the soup into a smaller saucepan and add the mustard leaves. Boil until vegetables are done. Serve with the pork bones, and don't forget the **patis.**

Pork Bones with Misua

Any leftover from the above may be used for another dish — with misua and patola. Or use just the very rich soup.

Take a few tablespoons of **hevi** and pound thin. Fry a little mashed garlic until brown. Add the **hevi,** then the soup from the preceding dish. Just before serving, add the misua. After the soup has come to a boil, add the thinly sliced patola. Remove pot from the fire or the patola will melt. Serve while hot.

To make the boiled pork bones go further, add half a kilo of the neck part of the pig (batok) which consists mostly of fat. On the second day, use this piece, already very, very soft from reheating, with canned beans with tomato sauce.

See what we mean by "cooking the lazy way"?

Braised Oxtail

1 oxtail, cut in two-inch pieces
2 tablespoons lard
2 onions, sliced
1 carrot, chopped
1/2 cup chopped celery
2 tablespoons flour
1 cup hot water
1 cup tomatoes, quartered
3 bay leaves, crushed
3 whole cloves
Salt and pepper
Toyo

Brown oxtail pieces in the lard (which must be very hot). Add the vegetables and stir until well browned. Add the flour, then the hot water, the tomatoes and the condiments. Transfer all into a big kettle, cover tightly and simmer over a low flame until the meat is very tender. If you use Superflame, you can turn down the flame very low and forget all about the cooking until after 2 hours or so. You can even go to a movie while the oxtail is simmering.

Braising is one of the best methods of cooking meat and vegetable into delicious tenderness. The meat is first browned in a little fat, then a little water, and sometimes some vegetables or tomato juice or a mixture of water and vinegar, is added to the meat, then the pot or the kettle is covered tightly and placed over a low fire so that the meat just simmers in its own juice or in the little liquid that has been added to it. Adobo is a good example of braised pork.

The not-so-tender cuts of beef or pork which are less expensive are good for braising, but the best cuts for this method of cooking are those with bones, like the tail or the ribs. Here are two recipes worth trying.

Braised Short Ribs

1 1/2 kilos of short ribs, beef or pork
3 tablespoons flour
A little lard
1/2 cup water
1 cup tomatoes, canned or fresh
1 small carrot, chopped
1 onion, sliced
1/4 cup celery tops
1 clove garlic
Salt and pepper to taste

Have short ribs cut in pairs by the butcher (he can do it better than you). Dredge with flour and brown on both sides in a little lard (the purpose of browning meat before braising or boiling is to seal in its juices by searing the surfaces and to give the sauce an attractive brown color). Place

browned ribs in a pot or kettle with a tight cover, add the water, tomatoes and other vegetables, mashed clove of garlic, and seasonings. Cover the pot or kettle and simmer for about two hours. Taste and add more seasonings if necessary. More water may be added during the cooking but not more than half a cup at a time. If the cover of the pot or of the kettle is tight, only very little of the liquid will evaporate.

Braised Oxtail

1 oxtail, cut in 2-inch pieces
2 onions, sliced
1 carrot, chopped
1 celery stalk, chopped
1 cup tomatoes
3 bay leaves, crushed
3 whole cloves
Salt and pepper to taste
2 tablespoons brown sugar
1 cup hot water

Saute oxtail pieces in a little hot fat, turning until all sides are brown. Add the onions, carrot, celery and flour and brown all together. Add the hot water, the tomatoes and condiments. Cover and simmer for two or three hours until very tender. Lift out the tail pieces from the broth and set aside. Strain the broth and return to the pot. Add the oxtail pieces and the brown sugar. Bring to a boil. Some like to add a little red wine just before serving; others, such garnishings as fried sliced saba bananas and boiled potatoes.

Laman Buche

1/2 kilo pork from the leg or any other part which is not too fatty, ground twice
1 cup garbanzos
1 small package raisin
1/2 cup finely chopped sour dili pickles
1 cup stale bread, cut into small cubes
1 large onion, finely minced

Mix pork, onion and garbanzos and cook, with half a cup of water. When water evaporates and lard starts to come out from the pork, add the bread, the raisins and the pickles. Mix well and cook until mixture is dry. Season well with salt and a little white pepper.

Barbecued Ribs

1 kilo spare ribs
1 cup ketchup
1/3 cup Worchestershire sauce or 2 cups water
Toyo
Salt and pepper

Have the butcher cut the ribs into serving pieces. When you arrive home, wipe each piece with a clean damp cloth and brown in a little lard, doing a few pieces at a time so as not to crowd them in the pan. Arrange them in a large pan, then lay thin slices of lemon and onion on top. Pour the ketchup-water mixture over the whole, cover the pan, and cook over a very low fire until pork is very tender. If desired, quartered ripe tomatoes and sliced sweet pepper may be added half an hour before the pork is done.

Stuffed Pork Chops

Loin chops are the best for this recipe. Have the chops sliced somewhat thick—an inch or more—and then have each cut partly through from the fat side, to make a place for the stuffing. Make a fairly dry bread stuffing (the recipe for which will allow) and stuff the chops, closing the slits with toothpicks or with strings. Season the chops with salt and pepper, then dredge with flour. Brown on both sides in hot fat, then transfer them to a pan with a tight cover. Add about 2 cups of water and 2 sliced onions. Cover and simmer until the chops are very tender. Serve with its own gravy — and fried saba bananas, later glazed with brown sugar (roll each banana in melted sugar over a low fire).

Pork Towers

3 1/2 inch slices of fresh pork (from the leg) or ham
Bread Stuffing:
2 cups dry bread crumbs
2 tablespoons chopped onion
1/2 cup chopped apple
Salt and pepper to taste
Hot water to moisten

Season pork steak with salt and pepper, dip in flour, and brown in a little fat. Cover each piece with thinly sliced unpared apples, then with bread stuffing. Place in a frying pan, cover, and cook over low heat for one hour.

Each steak will make two servings.

Pork Tenderloins

Cut tenderloins into 3-inch pieces crosswise and season well with salt and pepper. Brown each piece in a little pork fat. Arrange the pieces in a skillet, then cover with sour cream (1 cup of undiluted evaporated milk soured with 1

tablespoon of vinegar will do) and cook them, covered; until tender. The cream will thicken during the cooking — pour it as sauce over the pork. Serve with fried apple rings or mashed potatoes.

Another way of doing pork tenderloin is to have it sliced thinly lengthwise as for tapa, then stuff with the above bread stuffing to which a boxful of raisins has been added, and rolled and tied securely with coarse thread. Brown on all sides and then simmer in a little water till tender. Slice crosswise to serve.

When making **bachoy,** use only one or two kidneys if these are rather expensive as here in Manila (a pair of small ones will cost you a peso or more, believe it or not) and half of a large pork tenderloin. Incidentally, kidney, like liver, should not be cooked too long or it will become hard.

When you are in a hurry and want soup in a jiffy get a small piece of pork tenderloin, slice thinly crosswise as for **bachoy,** boil in plenty of water until thoroughly cooked, add a bunch of pechay, the stems first, then the leaves (which must be cut crosswise into small pieces). Remove from the fire while **pechay** leaves are still green soft. Do not overcook **pechay** or it will develop a somewhat bitter taste.

P o r k

Pork should be cooked thoroughly before it is eaten, for it may be the carrier of some dangerous disease or parasites. Ground pork should be cooked for at least thirty minutes; whole or large pieces, for at least one hour. Pork is cooked when the meat has become white. Pierce a large piece with a fork and when reddish juice comes out, it is not yet cooked.

Few housewives know that a pig has also a tenderloin (salomillo) as a cow has. Pork tenderloin is seldom sold separately — it is usually included in pork chops. When you are in a hurry, ask for it, have it cut like tapa or pound it until thin, and after breading it, fry in a little lard. It is also good for "bachoy" or "chop suey."

Comparatively speaking, pork is less expensive than either fresh fish or vegetables. Here in Manila, pork without bone

sells for ₱3.50 a kilo, while first class fish, like apahap, or shrimps cost from ₱3 to ₱5 a kilo. Chicharro (pea pods), when they first appeared, sold for ₱8 a kilo, cauliflower for ₱10 a kilo.

Pork is a good source of vitamins, especially Vitamin B, and is more versatile than either beef or fish. Moreover, everybody likes it.

Pot Roast

1 kilo beef (round, rump, chuck, or shoulder)
1/4 cup flour
2 teaspoons salt
Dash of pepper
1/4 cup chopped suet or 3 tablespoons lard
1 onion, sliced
2 cups brown gravy

This is one of the best ways of cooking the less tender cuts of beef. Have the beef in one whole or compact piece. If it is sliced, roll and tie securely. Wipe with a clean, damp cloth and dredge with flour seasoned with salt and pepper. Try out the suet until all lar comes out. Brown the beef in this fat, seeing to it that all sides are seared well. Transfer to a deep pot, add 1/2 cup hot water, cover tightly, and simmer until tender (about 2 hours), turning frequently to prevent burning and to cook uniformly. If you have a trivet, the meat may be placed on it.

For the gravy, measure the juice in the pot. For each cup of gravy desired, use 2 tablespoons flour, 2 tablespoons fat or juice from the pot, and 1 cup water. Return fat or juice into the pot and stir the flour in it. Cook over a low fire until browned. Gradually stir in the water and cook for 5 minutes, stirring, until smooth and thick. Season.

To serve: Slice roast and pour gravy over slices.

If desired, such vegetables as potatoes, carrots, celery, string beans, may be added to the pot roast before it is done.

Stew is an attractive dish if served properly. Pile meat in center of platter and arrange vegetables around. Then pour gravy over the beef. The vegetables should be arranged alternately according to color, first the white potatoes, the green beans, the yellow carrots, and lastly the peas.

Beef Steak De Luxe

1/2 kilo beef in thin steaks (tenderloin or round)
1/4 cup shortening
1/2 pound mushrooms
3 onions
1 sweet green pepper, chopped
3/4 cup chili sauce (if liked)
1/2 cup tomato juice
1 teaspoon Worcestershire Sauce
1/4 cup sliced olives

If you have an oven, cook the vegetables and the seasonings in the shortening (or fat) and then pour over steaks in a hallow pan, then bake. If you do not have an oven, simply panfry the steaks first, then add the vegetables and seasonings and cook, covered, for about ten minutes.

This is a most beautiful dish if round steak (pierna corta) in one whole piece is used. Pork steaks may be used instead of beef; in this case, cook the pork thoroughly, at least for half an hour.

Variations

Use half beef and half pork in place of all beef. Cook longer, about 1 hour, because of the pork.

Use 1/4 cup ketchup in place of milk.

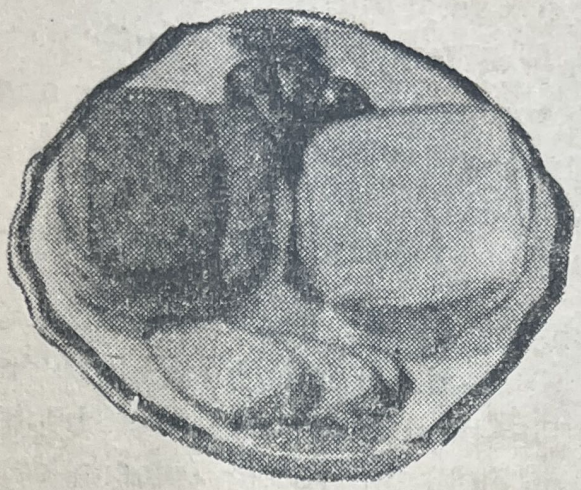
Use 1/2 cup uncooked quick-cooking rolled oats or 1/3 cup finely crushed cornflakes instead of bread crumbs.

Add 1/4 cup chopped sweet pickles or stuffed olives to the loaf mixture.

Mix 2 tablespoons prepared mustard and 2 tablespoons lemon juice and spread on loaf before baking.

Pour 1/2 cup undiluted tomato soup over chopped meat loaf before baking.

Shape the mixture into 2 small loaves and bake them together in one large pan. These meat loaves will keep for days inside the icebox.



Ground Pork

Another standby of ours, uses a kilo of ground pork. Do not buy already ground pork when you need plenty, but buy a cut from the leg and have it ground for you. Yes, the butcher will do this for you if you buy a kilo, so that you will not get too much fat which will just melt during the cooking. Offhand, we can think of four dishes to make with ground pork, namely, **almondigas, torta, laman buche** with raisins, **lumpia frito.**

For the **almondigas,** add about a cup of shelled and chopped raw shrimps to a cup of raw ground pork. Mix in a bunch of finely chopped green onions, including leaves. Shape into balls, each the size of a marble, and roll in four or corn starch. Brown in a little fat and set aside. Make a soup by browning finely chopped garlic and then add water. Bring to a boil and add the pork balls. If you want to make this dish more filling, add **misua** and sliced patola.

Cook the rest of your ground pork with plenty of chopped onion. Just mix the pork and the onion, add a little water to prevent burning, and cook until the water has been absorbed and lard is coming out. With some of this cooked mixture, make torta, using 3 tablespoons of pork for every beaten egg. Three eggs and about ten tablespoons of pork mixture will make two small-sized **tortas.**

Add a box or two of raisins to the rest of the cooked pork mixture and serve as **laman buche** (stuffing). If some of this remains (which we doubt), add garbanzos and wrap in **lumpia balat** and fry in deep hot fat.

Pan Broiled Steak

This is cooking by dry heat, so only very tender cuts of beef should be used. Tenderloin, or salomillo, is best for pan broiling. The next best cuts are sirloin (cadera), porterhouse steak or club, top round (pierna corta). The steak should be at least 1 inch thick because if it is thin, it will dry up inside during the cooking. Your steak should be crisp on the outside but moist or juicy inside.

The meat is cooked in a heavy frying pan (an iron one, if possible) with very little lard to prevent sticking. Heat the pan till it is sizzling, then rub a little suet (beef fat) all over its bottom, or use a little lard. Drop in the steak and sear one side quickly to prevent the juice from escaping. Turn, being careful to pierce only the side. Sear the other side, then sprinkle with salt and pepper. Lower heat a little and cook for about twenty minutes (or less, if you want the steak rare) and serve at once. Reheating will make the steak tough.

To serve the steak: Place on a plate and spread butter on the top surface, then season with salt. Garnish with fried onions or mushrooms, sauteéd in butter, or fried potatoes.

Nice to go with beef steak, cream of tomato soup and a salad of greens or of pepino.

Swiss Steak

1 kilo beef
1/4 kilo flour
Salt and pepper
2 tablespoons fat
Onion slices
1/2 cup water
1 cup tomato juice

Tender beef cuts are rather expensive. The less tender cuts can be used for steak but they will need more cooking. For Swiss Steak use round, chuck or shoulder.

Dredge the beef with seasoned flour (flour, salt and pepper) and pound the flour into the steak with a mallet, the edge of a thick saucer or the back of a bolo. Brown the steak in a little lard, then add the onion, water and tomato juice. Cover the pan tightly and simmer for one hour or more until the steak is very tender. Turn it occasionally.

Local version of this dish is Beef Escabeche. The beef is scored, then floured, then browned in a little lard. It is simmered till tender in a sweet-sour sauce consisting of water, vinegar, toyo, and sliced onion and garlic.

Veal Croquettes

2 1/2 cups leftover veal, minced
1/4 cup leftover mushrooms, minced
1 cup White Sauce (see recipe below)
1 teaspoon onion juice
Salt and pepper to taste

Combine white sauce, veal, mushrooms, onion juice, salt and pepper. Stir in several dashes of seasoning crumbs. Fry golden brown in deep fat. Drain on absorbent cloth. Cool, shape into cones. Roll in flour. Dip in egg and paper. Yield: 4 servings.

White Sauce

2 tablespoons butter or substitute
3 tablespoons boiling water
2 egg yolks
Salt and pepper to taste
1 tablespoon lemon juice

Place half of butter in saucepan with yolks of eggs and lemon juice. Cook over hot water. Stir constantly until butter is melted. Add remaining butter. Stir until melted. Add water, salt and pepper. Cook until thickened.

Lamb Patties

1 pound ground leftover lamb
1/2 cup fine bread crumbs
4 slices bacon
4 tablespoons milk
1 teaspoon salt
Pepper to taste

Combine lamb, milk, bread crumbs, salt and pepper. Add several dashes of seasoning and form into 4 patties. Wrap strip of bacon around each. Fasten with skewers or toothpicks. Saute until bacon is crisp and patties browned on both sides. Pour off bacon fat. Add a little water. Cover and simmer 15 to 20 minutes. Remove from pan. Add a few dashes of seasoning to gravy in pan. Pour over patties. Garnish with mint or currant jelly or serve on sauteéd pineapple rings. Yield: 4 servings.

Left Over Lamb Casserole

2 cups cooked lamb, cut in pieces
1 cup cooked carrots, cut in cubes
1 cup cooked potato balls
1 1/2 cups left over gravy
1 tablespoon fat
8 cooked small onions

Brown the pieces of lamb in the fat. Put in a baking dish. Add carrots, potato balls and onions. Add leftover gravy.

Veal Birds

1 kilo veal or beef from leg or shoulder
2 cups bread crumbs
1 tablespoons grated onion
1 cup evaporated milk
1 teaspoon salt
1 egg

Cut meat into thin slices, 3 by 5 inches. Pound with a mallet to make each piece thinner. Make a stuffing with the rest of the ingredients and spread each slice with a little of it. Roll tightly and tie with string. Season with salt and pepper and dredge with flour. Brown in hot fat on all sides. Add 1/2 cup water or tomato juice, cover, and simmer until tender.

IX. Stews

Beef Stew
(Sinigang Amerikano)

Here are the general directions for making beef stew:

1. Use less tender cut of beef, like chuck.

2. Cut meat in uniform pieces, usually from 1-1/2 to 2 inch-cubes, to make the dish more attractive.

3. Season meat with salt and pepper; dredge with flour, if a thick stew is desired.

4. Brown well in its own fat or in a little lard. Browning the beef before boiling it will prevent all its juices from going into the soup and the brown color makes the dish more attractive.

5. Add just enough hot water to cover meat.

6. Cover kettle tightly and simmer (never boil) until meat is done.

Here is a dish that improves with reheating. We suggest that you use just enough vegetables for one meal so that they will not become too soft and get mashed when the pork is reheated.

Pork Stew

1 kilo pork from the leg (pigue)
6 cups water
3 teaspoons salt
Pepper
2 bay leaves
10 whole cloves
Carrots
Potatoes
6 tablespoons flour

Liempo or ribs may also be used for this dish but it is too fatty. Cut pork into 2- or 3-inch cubes and brown in a little fat in a heavy frying pan or kettle. Drain off fat that accumulates. Add the water and seasonings. If desired, add also a little vinegar, about 2 tablespoons, to hasten tenderizing process. Cover and simmer over charcoal for one hour or until tender. Add just enough vegetables for one meal —

the onions whole, the carrots and the potatoes cut into cubes as large as the meat. Mix flour with a little fat until smooth, then add to the stew. Continue cooking until thick.

Suggestions: The next day, add peas, fresh or canned to the stew. To any left, add liver and sweet pepper, for afritada. Add a little water before reheating stew as the sauce becomes thicker and thicker.

Oven Veal Stew

1 1/2lbs. veal shoulder
2 slices salt pork
1 large onion, chopped
1 1/2 c. water
1 can condensed tomato soup
2 tbsp. flour
1 tsp. salt
1/8 tsp. pepper
1/4 tsp. paprika
6 small onions
6 medium carrots
6 medium potatoes

Remove veal from bones (saving bones to make broth); cut in 2-inch cubes. Dice salt pork and brown veal and pork together in frying pan, then remove to baking dish. Brown chopped onion in fat remaining in frying pan; add flour and mix well. Add water, tomato soup, and seasonings. Cook 3 minutes, stirring constantly; pour over meat.

Cover and cook 1-1/2 hours in slow heat over (300°F.). Add whole onions and cubed carrots and potatoes. Cover and return to oven for 45 minutes, or until meat and vegetables are done. Serves 4.

X. Macaroni & Spaghetti Recipes

Sauteéd Spaghetti

1 package spaghetti
1 can tomato sauce
1 onion
1 big slice ham
1 chorizo de Bilbao
2 cloves garlic
5 tablespoons grated cheese
Lard for sauteing

Break spaghetti into desired lengths. Drop in salted boiling water and cook till done. Mince onions, pound garlic and dice sausage. Dice ham. Saute in enough shortening, garlic, onions, ham and sausage. Add tomato sauce. Season with salt and pepper. Wash cooked spaghetti in cold water, then drain. Saute along with the rest of the ingredients. Add grated cheese and stir. Arrange on platter. Garnish with the rest of cheese.

Spaghetti

1 package of spaghetti
1 can tomato sauce
1 big onion, finely sliced
1 small can Vienna sausage
1 chorizo de Bilbao
2 tablespoons butter or margarine
1/2 cup grated cheese
4 pieces garlic, well-pounded
Ham (optional)

Boil the spaghetti until soft but not mushy. Wash in cold water, drain and set aside. Saute in butter the garlic and onion. Then add the tomato sauce and let simmer for a while. Add the finely sliced Vienna sausage and chorizo de Bilbao, ham and a little grated cheese. Put in the spaghetti and stir well. Then pace the spaghetti on a platter, garnish with sauce which had been previously set aside and sprinkle top with cheese. If desired, the spaghetti may be placed in a heat-proof dish and placed in oven a few minutes before serving, for added taste and fragrance. Some also prefer to serve spaghetti the American way. Boiled spaghetti is poured right on the platter and served with the sauce on top, sprinkled with cheese.

Italian Pot Roast

This is a modification of the foregoing recipe.

After searing meat, transfer to a pot and add-3-1/2 cups tomatoes, 1/4 teaspoon pepper, 1/2 clove garlic, 1/2 bay leaf, and 1 whole clove. Cover tightly and simmer for 3 hours. Strain liquid in pot and thicken with 1 tablespoon flour dissolved in 1 tablespoon cold water.

Braising is like pot roasting and the meat is cooked in a very little water over a low fire. Cuts which include bones are best for braising.

Special Chestnut

3 cups cooked chestnuts
1/4 cup butter
1 teaspoon butter
1/4 cup Nido full-cream powdered milk
1 cup bread or cracker crumbs
Pepper
Another 1/4 cup butter

Cook the chestnut until soft, drain and mash. Add 1/4 cup butter, salt, pepper and the Nido full-cream powdered milk. Melt the butter and add it to the bread or cracker crumbs and mix thoroughly. This is enough for a small hen or turkey and the ingredients should be increased for a larger sized fowl. After stuffing, place in roasting pan on a rack, put in 2 or 3 cups of water, one carrot, a piece of celery or kinchay, sprinkle salt and pepper on top and cut up 2 onions in quarters. Cook and cover until flesh can be cut with a fork. Remove from roasting rack and place on flat baking pan. Pour 2 tablespoons oil over the fowl and place in hot over 400°F. As soon as the bird begins to brown, baste with broth from the roasting pan. Brown 4 tablespoons flour in one corner of a roasting pan and make the gravy with salt and pepper. Strain the gravy to remove lumps.

Macaroni with Cheese Tomato Sauce

1 package macaroni (elbow quick-cooking perferred)
1 or 2 onion, chopped
1 small can of tomato sauce
1 cup grated cheese
Butter, if available

Boil the macaroni according to directions on the package. Drain thoroughly and set aside. Make a sauce by sauteing the onion in a little lard, then adding the tomato sauce. The cheese, grated with a fork or cut up into small pieces, may be added at this time. Add the boiled macaroni to the sauce and gently mix until coated. If desired, more cheese may be added at this time. Also butter, if available. Serve while not.

To serve: Pile the macaroni on a platter. Garnish the top with more grated cheese or with slices of Spam or with Vienna sausage.

This is also a good Sunday dish for family lunch or dinner. Nice to go with it is string beans in vinegar or made into a salad with onion rings and quartered tomatoes.

Bell peppers are plentiful here in Manila and maybe also in the provinces. Add them to your achara (native pickles) or to coleslaw (raw cabbage and carrot salad). Or stuff them with ground pork in the usual way. But try canned spaghetti with ground beef as stuffing. Inexpensive and delicious.

Italian Spaghetti

1 No. 2 1/2 can tomato puree (3 1/2 cups)
1 lb. Italian sausage
1/2 cup sifted dried bread crumbs
1 peeled small clove garlic, minced
2 tbsps. chopped parsley
1/4 cup grated Parmesan cheese
1 egg
1/2 tsp. salt
1/8 tsp. pepper
1 6-oz. tomato paste (2/3 cup)
1 tsp. salt
1/4 tsp. pepper
1 minced, peeled small onion
1 tbsp. granulated sugar
1 1/2 lbs. raw thin spaghetti

1. Put tomato purée and 1 can water (measured in same can) into large kettle. Bring to boil over high heat; then turn heat very low, so sauce just simmers.

2. Cut sausage into serving-size pieces (1-12" long); prick, and place in skillet. Cook over low heat until brown on all sides, turning when necessary.

3. Meanwhile, combine next 8 ingredients; mix well; shape into balls about size of golf balls.

4. Remove sausage from skillet. Add meat balls to fat left in skillet, and cook until golden-brown and crusty; then turn off heat; add sausage. Cool and then chill.

5. To simmering purée, add tomato paste, 4 cans water (measured in same can), salt, pepper, and minced onion. Continue simmering, uncovered, for 1-1/2 hrs.

6. Then add browned meat balls and sausages. Cook, uncovered, over very low heat, so mixture just simmers—2 to 3 hrs., or until sauce is of the consistency of heavy cream. Add sugar 15 min. before done. Meanwhile, cook spaghetti; drain; arrange in mounds on large platter.

7. Pour sauce over spaghetti, and sprinkle generously with Parmesan cheese. Makes 9 generous servings.

If preferred, omit Italian sausage. Then add 1/2 lb. veal shoulder, ground, and 1/2 lb. pork shoulder, ground, to ground beef; doubl each of next 7 ingredients. Brown meat balls in tbsps. olive or salad oil; then make as directed.

Spaghetti with Italian Meat Sauce

1/3 cup olive oil
1 sliced, peeled small onion
1 minced, peeled small clove garlic
1 6-oz. can tomato paste (2/3 cup)
1/2 tsp. salt
1/4 tsp. pepptr
1/4 lb. chuck beef, ground
1/2 lb. raw thin spaghetti
Parmesan cheese, grated

Heat olive oil in skillet; saute onion and garlic in it until tender. Cook slightly. Add tomato paste, salt, and pepper. Crumble pork and beef into skillet. Cook, covered, over very low heat, so mixture just simmers, for 25 min. Meanwhile, cook spaghetti (see below). Pour sauce over spaghetti; toss together; sprinkle generously with Parmesan cheese. Makes 3 to 4 generous servings.

Quick Italian Spaghetti

1/4 lb. sliced bacon
3/4 cup thinly sliced, peeled onion
1/2 lb. chuck beef, ground
1 tsp. salt
1/8 tsp. salt & pepper
1 tsp. Worcestershire sauce
2 tsp. granulated sugar
3 8-oz. cans tomato sauce
1/4 cup sliced stuffed or ripe olives
1/2 lb. raw thin spaghetti
Parmesan cheese, grated

Cut bacon in 1" pieces. Place in large skillet, and cook until lightly browned. Pour off excess fat. Return bacon to heat; add onion and beef. Cook until brown, breaking up beef into small pieces as it cooks. Add salt and next 4 ingredients; cover; simmer over very low heat 20 min. Add olives. Simmer 15 min. longer. Meanwhile, cook spaghetti (see below). Pour sauce over spaghetti; sprinkle lightly with cheese. Makes 3 to 4 generous servings.

HOW TO COOK SPAGHETTI

For 6 oz. raw thin spaghetti, bring 2 qts. water to boil in large kettle. Add 2 tsp. salt (also celery seed or an onion slice, if desired). Slowly dip ends of spaghetti into boiling water, pushing it down into the kettle as it cooks. Boil, uncovered, lifting often with fork, to prevent its sticking to bottom of kettle, until a piece rubbed between fingertips parts fairly easily. **Avoid overcooking.** Turn into strainer or colander; drain well. Spaghetti should be cooked just before serving. However, if necessary to hold it for a short time after cooking, add a tablespoonful of butter and toss gently, to keep strands from sticking together.

Crab Spaghetti

1 package spaghetti
1 1/4 cups condensed cream of mushroom soup
3 tablespoons butter
1 cup milk
1/2 pound cheese, grated
1 1/2 cup flaked crab meat
Pepper to taste

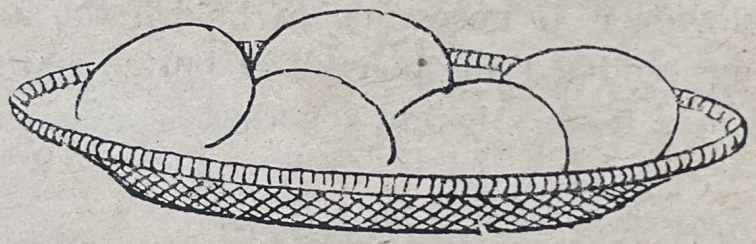
Cook the spaghetti in boiling, salted water until tender. Drain. Heat the soup and keep stirring until smooth. Add the butter and milk. When hot, remove from fire and stir in grated cheese. Combine this cheese sauce with spaghetti, crab meat and season with pepper. Place in a shallow greased casserole and sprinkle with remaining cheese. Bake in hot oven. This may be varied by using 1/2 cup cooked rice instead of spaghetti.

Baked Eggs on Macaroni

4-6 eggs
1 cup milk
2 tablespoons flour
4 cups macaroni (one-inch lengths) cooked in salted chicken stock
1 cup grated cheese
2 tablespoons shortening

Make a smooth, white sauce of the shortening, flour and milk over low heat. Stir in grated cheese.

Place macaroni in a pyrex baking dish lined with shortening. Cover with cheese-cream sauce. Then make 4 (or more) depressions on top of macaroni mixture and break egg into each hollow. Bake in a moderate oven about 15 minutes or until eggs are set and cream crust is golden-brown. Serve while hot. Serves 5-7.



XI. Eggs

How To Cook Them

Poached Eggs

How would you poach eggs if you do not have a special gadget called a "poacher"? We know at least three different ways: One is to use an improvised poacher — the cover of a small tin can, for instance. You grease this tin and break an egg into it, then you lower it into boiling, salted water. Cover the pot or pan and remove from the fire. Remove tin can with egg (whose white must have set into a jelly-like mass) and invert into a saucer. Mix yolk and white with a fork or give the child the yolk alone.

Method No. 2 calls for boiling plenty of water with vinegar (1 tablespoon of vinegar for every 6 cups of water) and salt and stirring the water vigorously around and around the edge of the sauce pan, using a wooden spoon held in nearly an upright position, while the water is boiling vigorously. As soon as a well is formed in the middle of the water, slip

an egg into this well and lower the heat. Continue cooking until egg white is set. Take out with a perforated skimmer and keep hot until the desired number of eggs are prepared.

The third method is much simpler. Heat some water in a small frying pan. Break an egg into a saucer and as soon as the water reaches the boiling point, slip the egg gently into it. Repeat until the desired number of eggs are in. Remove the pan from the fire, cover and keep hot until the eggs have set to the desired degree. If the yolks are not entirely covered with water, spoon the water over them carefully until they are coated white. Remove with a skimmer or perforated ladle. Serve immediately.

Scrambled Eggs

The eggs must be creamy and well seasoned with salt, never hard or leathery. The secret is adding milk or water to the eggs, then removing the pan from the fire while the eggs are not yet set. In our method, we do not beat the eggs and the milk before cooking; the beating is done while the eggs are cooking. The result is a much more attractive dish consisting of a yellow creamy mass flecked with white.

The proportion of milk is 1 tablespoon for every egg used. Grease a small frying pan with butter and while the butter is melting, break the eggs into a rather deep saucer. Add salt and the correct amount of milk. Pour this unbeaten mixture into the frying pan and allow the whites to set a little, then stir with a spoon and cook until the eggs begin to thicken. Remove the pan at once from the fire but continue stirring the eggs until set. Serve at once.

Water is better than milk when using duck eggs or white leghorn eggs. To offset the rather "fishy" odor of these eggs, try browning a little chopped onion leaves first in the butter or lard before adding the eggs.

And this reminds us — do not serve scrambled eggs always plain. Many other ingredients may be incorporated into them, deviled ham or potted ham as it is commonly

known, finely chopped Chinese or American cooked ham, bits of crisp bacon (crumbled), finely chopped browned onion or leeks, chopped parsley or olives, shredded salted fish or the much more expensive but delicious anchovies, finely chopped salted mustard leaves and tomatoes (you cook these first). In fact, you can add almost anything to scrambled eggs.

Eggs Poached in Milk

Grease a frying pan with butter or lard and pour the eggs, whole, into it. Then add enough milk to cover. Cook until egg whites are set and the milk has thickened. Season with salt. Best served with bacon curls.

Scalloped Eggs with Ham

1 cup Nido full-cream powdered milk
4 tablespoons butter
2 tablespoons flour
4 hard-cooked eggs
1/3 cup fine dried bread crumbs
1 tablespoon melted butter
1 1/2 cups finely diced ham

Melt 4 tablespoons butter in the double boiler, add flour, stir and add Nido full-cream powdered milk gradually. Cook until moderately thick, stirring with the spoon. Butter a baking dish. Combine the white sauce and ham. Put a layer in the bottom of the baking dish and on this place a layer of the eggs sliced. Continue in this way until both eggs and mixture have been used. Finish with the crumbs mixed with the melted butter and brown in a moderate oven (530° F).

Huevos (Spanish Eggs)

6 eggs
2 tablespoons minced onions
2 tablespoons green pepper
2 tablespoons minced onions
1/2 teaspoon salt
1/8 teaspoon cayenne
2 tablespoons melted butter
Buttered toast
1 teaspoon minced parsley

Cook the onion and green pepper in the melted butter for 5 minutes. Add the tomatoes, salt, and cayenne. Cover closely and set on the back of the stove where they will keep hot but not cooked. Fry the eggs on both sides. Place

an egg on each round of toast. Pour hot sauce over it. Garnish with minced parsley.

Golden Eggs with Peas

1/3 cup butter
1/3 cup flour
1 tall can evaporated milk
Salt and pepper
1 hard-boiled egg for every person to be served
1 cup cooked peas
3/4 cup water

Heat butter, add flour and blend thoroughly. Add the milk (diluted with the water) and mix well. Add seasonings and cook until thick, stirring all the time. Add the eggs cut into halves and peas and heat through. Serve on toast or mound of rice and garnish with tomato wedges and parsley.

Ham and Eggs

6 eggs slightly beaten
1/4 cup water
1 to 1 1/2 cups ground or chopped cooked ham
1 tablespoon onion, grated
3 tablespoons lard or butter

Combine beaten eggs, water, ham and onion. Heat lard or butter in a skillet until moderately hot. Drop egg mixture from tablespoon into fat, spreading to form flat cakes. Brown over low heat on both sides. Add salt and pepper to taste. Serve with shoe-string potatoes.

Deviled Eggs

6 hard-boiled eggs
1 teaspoon vinegar or pickle juice
1/4 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon Worcestershire
4 tablespoons mayonnaise

Carefully cut eggs into halves lengthwise and remove yolks. Mash yolks or force through sieve. Add vinegar, seasonings and enough mayonnaise to moisten. Pile yolk mixture in the halves of egg white; sprinkle with paprika.

(Note: Add to taste other ingredients such as finely chopped parsley, chives, pickles, olives, anchovies, sauteed mushrooms, grated onion, etc.)

XII. Assorted Dishes

Corn Chowder

3 slices bacon
1 sliced onion
4 potatoes
1 No. 2 can corn, cream style, or
2 cups fresh corn cut from the cob
4 cups milk
Salt and pepper

Cut bacon into small pieces and fry in a pan over a low fire until lard comes out and the bacon is crisp. Add the sliced onion and cook for 5 minutes. Transfer to a sauce-pan and add 2 cups boiling water and the potatoes. When

the potatoes are cooked, add the corn and the milk. Season with salt and pepper and serve hot.

Omelet

The fillings vary according to preferences, but anything goes, from meat to vegetables. Do try a filling of asparagus or of green peas in white sauce sometime.

So called SPANISH OMELET contains a filling of sweet pepper, tomatoes and onions. If olives and ham are available, these may be added. The vegetables are sliced finely, then sauteéd in a little lard in this order — pepper, tomatoes, onions. This mixture is removed from the pan and set aside while the omelet is setting, then pour on one half of the omelet. The other half is folded over the filling. If filling seems dry, moisten with a little tomato ketchup. Serve at once.

Now that peas (chicharro) are in season, try this recipe, which is a variation of creamed eggs.

Salmon Loaf

1 cup soft bread crumbs
1 cup milk fluid
1 No. 1 can Libby's Salmon, drained and flaked
1 teaspoon salt
1 tablespoon butter
1 tablespoon minced onion
2 egg yolks, beaten
1 teaspoon lemon juice
2 egg whites, stiffly beaten
4 hard cooked eggs, shelled

Soak bread crumbs in milk for 10 minutes. Add the salmon, salt, butter, onion, lemon juice, and egg yolks. Blend well. Fold in the stiffly beaten egg whites. Fill well-greased loaf pan half full with the mixture, then lay the eggs on top. Pack rest of mixture firmly around and over eggs. Bake in a moderate oven for about an hour. Unmold on a platter and serve with Sweet Pickle Sauce.

Broiled Sirloin Steak

1 sirloin steak, 1 1/2 inches thick
Butter
Salt
Pepper

Pre-heat the oven to 350 degrees for about ten minutes. Place the meat on broiler rack 3 inches below moderate broiler heat. Broil for 18 minutes and place on hot platter. Sprinkle with salt and pepper and spread with soft butter.

Swedish Ham Balls

1/2 pound ground ham
1/2 pound ground pork
1 cup dry bread crumbs
1 well-beaten egg
1/2 cup milk
1/2 cup brown sugar
1/2 teaspoon dry mustard
1/4 cup vinegar
1/4 cup water

Combine ham and pork, crumbs, egg, and milk. Mix thoroughly and form into small balls. Combine remaining ingredients, stirring until the sugar dissolves. Brown the meat balls in a little lard, being careful not to burn them. Pour the vinegar mixture over, cover, and cook over a low fire until the sauce is thick. Baste the balls frequently with the sauce.

Lobster Thermidor

1 boiled lobster
3 mushrooms sliced
1/4 cup butter
A dash of paprika
1 tablespoon minced parsley
1 1/2 cups cream sauce
2 tablespoons grated Parmesan cheese
1/2 cup sherry

Cut the lobster lengthwise into halves. Remove the meat and break into small pieces. Cook the mushrooms in butter, add the paprika, mustard, parsley, sherry, and one cup cream sauce. Mix well, fill the lobster shell, cover with remaining sauce and sprinkle with cheese. Bake in hot oven. The cream sauce may be seasoned more highly if desired by adding 1 teaspoon grated onion, increasing the mustard to one teaspoon and using celery salt instead of parsley. The mushrooms should be increased also to 3/4 cup.

Cheese Meat Scallop

1 package macaroni and cheese
2 tablespoons butter or fortified margarine
12-ounce can luncheon meat
2 tablespoons flour
2 cups milk
3/4 teaspoon salt
1/8 teaspoon pepper

Cook macaroni according to directions on package; drain. Melt butter or margarine, stir in flour, remove from heat, and gradually stir in milk. Cook over medium heat, stirring until thickened and smooth. Add grated cheese (reserving 2 tablespoons), salt and pepper. Slice meat, cut 5 slices into triangles and reserve for trim. Cut remaining meat into strips, combine with macaroni and cheese sauce; pour into greased baking dish (about 1 1/2 quarts). Arrange reserved triangles of meat about 20 minutes in moderate over (375° F). Makes 4 to 6 servings.

Hamburger Special

1 tablespoon fat or salad oil
1/2 cup chopped onions
1/2 cup ground beef
2 tablespoons flour
6-ounce can mushrooms, broiled
2 cups water, plus liquid from mushrooms
1 teaspoon salt
Red pepper, few grains
3 tablespoons ketchup
Elbew macaroni 8-ounce package

Heat fat or oil in skillet; add onions. Cook over medium heat 5 minutes, add beef crumbled into small pieces and brown well. Stir in flour; add mushrooms cut in pieces, water and mushroom liquid, salt, pepper and ketchup, simmer 5 to 10 minutes. Meanwhile cook macaroni according to directions on package; drain. Pour sauce over hot macaroni, mix well and serve at once. Makes 4 to 6 servings.

Quick Tomato Broil

1 package spaghetti dinner
2 tomatoes, small
Salt
Pepper

Cook spaghetti and heat sauce according to directions on package. Combine spaghetti and sauce in greased shal- Broil under medium heat in pre-heated broiler until cheese Slice tomatoes crosswise into thirds, arrange on top of spaghetti, sprinkle with salt, pepper and the remaining cheese. Broil under medium heat in pre-heated broiler until cheese browns slightly and the tomato slices are cooked (about 7 minutes). Makes 4 servings.

Salmon Croquettes

1 tall can salmon, drained and boned
4 tablespoons flour
2 tablespoons fat (butter or margarine)
1/2 cup water or milk, diluted with water
Calamansi juice
Olives or water chestnuts

First you make a very thick white sauce by melting fat and combining with flour, then adding the water or milk, stirring all the time to prevent lumps. Cook until very thick. Add to the flaked salmon to which you have added the lemon juice to remove some of the fishy odor. For that crunchy bite that most men like, add chopped olives (pitted) or water chestnuts (apulid). Mix the whole thing very thoroughly, then set aside to cool and thicken.

Croquettes, and any fried food for that matter, should be served while hot and crisp. Therefore, fry them at the last possible time. Form into balls with two large spoons, then roll in slightly beaten egg, then in bread or cracker crumbs, using the spoons instead of your fingers. Have the lard very hot when you drop in the croquettes and keep it hot while they are frying, otherwise the balls will absorb the lard and become soggy, instead of tender inside and flaky outside.

To serve with beer as between meal snack, make the croquettes smaller, better still, just bite-size, and watch the menfolk go for them in a big way.

Shrimp Creole in Rice Ring

2 pounds raw fresh shrimps
1 pound fresh mushrooms
1 small bottle stuffed olives
1 No. 3-can tomatoes
4 tbsp. shortening
1 medium onion, sliced
Salt and pepper

Plunge the shrimps into slightly salted, boiling water, simmer them 15-20 minutes. Drain and plunge into cold water. Remove shell and black intestinal vein. Saute onion in shortening, add mushrooms and cook over low flame until mushrooms are tender and lightly browned. Stir while cooking. Add shrimps, tomato and seasonings, simmer 20 minutes. Add sliced olives 5 minutes before serving in the hot rice ring. Hot Rice Ring: Boil 2 c. washed rice in large kettle of boiling salted water, until tender. Drain, season with salt and 3 tbsp. Place in well-greased ring mold and set in warm place until ready to serve. Unmold into large serving plate, fill center with shrimp mixture.

Liver Balls

When we feel more lazy than usual, we use a small tin of liver plate for making balls. This is how they are done:

Empty contents of a tin of liver into a bowl. Add one beaten egg and enough bread or cracker crumbs to enable you to form balls, each the size of a walnut or smaller. Saute in lard and serve with tomato ketchup.

When it comes to desserts, we prefer to buy them. Fruits that do not need cooking are usually our choice. But when we feel like cooking something for dessert, we make Caramel Custard, which should be familiar to you already. Take two or three cans of condensed milk and boil them, unopened and well-covered with water, for three hours or longer. Allow the cans to cool before opening. This custard is very delicious if kept in the icebox. Try it as a spread on crackers, or as topping for plain cakes.

If you want this custard with eggs, simply mix three whole eggs, slightly beaten, and the contents of one can of

condensed milk. Pour into a clean, empty coffee can, and simmer or an hour or so in a pan of water.

Ham and Cheese Omelet

1/2 cup finely chopped cooked ham
1/2 cup grated cheese
6 eggs

Beat eggs until light and mix in it the chopped ham and cheese. Grease a frying pan and pour mixture over it. When cooked on one side turn and brown the other. Serve not.

Filette

Pork ribs with soft meat. Sprinkle some salt to taste. Let stand for an hour. Drain the salt water. Beat 3 eggs. Moisten the ribs in lightly beaten eggs. Roll in crushed "Bizcocho" or bread crumbs. Fry in deep hot pork lard. Serve hot with Perrin's sauce and ketchup.

Skillet Egg Supper

1 cup chopped onion
2 cups cooked, chopped potatoes
3 tablespoons lard
1 1/2 cups stewed tomatoes
Salt and pepper to taste
1/2 cup or more finely chopped cheese
4-6 eggs (one for each person to be served).

Fry onions and potatoes in lard until brown. Add the tomatoes and cheese, then the seasonings. When well blended, smooth out in the skillet and allow to become very hot. Break the eggs and drop them one by one into the mixture and allow them to poach till the white is set—about 20 minutes.

To serve: Cut into as many triangles as there are eggs and with a turner, transfer each portion consisting of egg and sauce to a small plate.

If you cannot afford a whole leg of ham, buy just a slice about 2 inches thick and broil it. If it is Chinese ham, parboil in water first to remove some of the saltiness in it and to freshen it. If desired, a little vinegar or beer, plus the usual spices, may be added to the water.

Gash the slice along the fat edge, cutting through to the meat, to prevent curling. Broil over live coals, being careful to pierce at the fat edge when turning. For that super-delicious taste, baste it with the following while cooking.

Montery Meat Loaf

1 pound ground pork or veal or ham
1 pound ground beef
2 cups soft bread crumbs
2 teaspoons grated lemon or lime peel
4 tablespoons lemon or lime or calamansi juice
1/2 cup water
2 eggs
1 1/2 teaspoons Worcestershire Sauce
3 teaspoons fine salt
Pepper

Combine all ingredients in a bowl and mix until well blended.

Pack into a well-greased loaf pan.

Bake in a moderate oven for more than an hour (because of the pork) or over charcoal, in which case brown top later.

Suggestions: Serve one half of the loaf, hot with ketchup, or cold, with pickles (picked beets are nice—just cover canned beet cubes with a mixture of vinegar, sugar, salt and spices). Cook the other half, sliced, this way:

Snappy Slices

Slice 1/2 of the meat loaf above rather thin.

Dip each slice in ketchup, diluted with a little water, then in fine dry bread crumbs.

Saute slowly in hot fat until browned on one side, turn and brown the other side.

Serve at once, with vegetable salad.

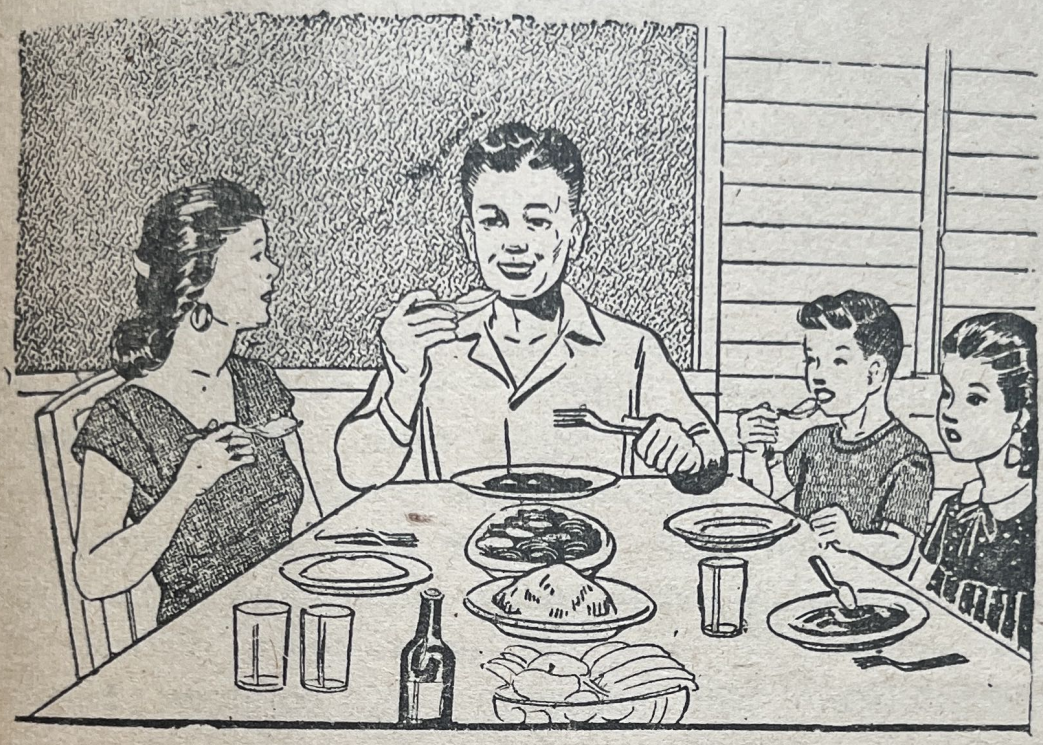
If you have a refrigerator, you can prepare a large quantity of this all-purpose tomato sauce and use it in many ways.

Braised Brisket

1 kilo beef brisket with bone
1/4 cup flour
Salt and pepper
1/4 cup fat
1/2 cup sliced onion
1/2 cup celery, chopped
2 cups water

Have the beef cut into 2-inch pieces. Dredge with seasoned flour and brown well in hot fat. Be sure to brown all sides of each piece. Add the vegetables and the water. Cover tightly and simmer for about 3 hours. If desired, peas may be added just before the meat is done.

Here is a dish that is like the Chinese Pi-Quat.



Barbecued Short Ribs

1 kilo short ribs
2 tablespoons fat
1 onion, minced
1/4 cup vinegar
2 tablespoons brown sugar
1 cup ketchup
1/2 cup water
3 tablespoons Worcestershire Sauce
1 teaspoon prepared mustard
1/2 cup diced celery
2 teaspoons salt

Have the ribs cut into convenient serving pieces of 2 to 3 inches long. Brown in very hot fat; add the onion, then the vinegar, sugar, ketchup, water, mustard, celery and salt. Cover tightly and simmer until the meat is very tender.

Beef Tongue

Soak slightly corned (pickled) beef in cold water for several hours. Place in a deep kettle, cover with boiling wa-

ter and add: 6 whole cloves, 6 peppercorns, 1 tablespoon vinegar. Bring to a boiling point, then reduce heat and simmer 3 to 4 hours or until tongue is tender. Let stand in water to cool and remove to platter. Remove skin and trim the root end.

Beef Curry on Rice

1/2 peeled clove garlic, minced
2 cups sliced onions
4 tablespoons fat or salad oil
1 tablespoon flour
1 1/8 teaspoon pepper
1 pound round steak, cut in 3/4-inch cubes
1 bouillon cube
1 cup boiling water
1 teaspoon curry powder
1/2 cup canned tomato juice
1 cup raw white rice, washed

Saute garlic and onions in 2 tablespoons fat in skillet until tender. Remove onions, garlic. Combine flour, salt, and pepper; roll meat in this mixture. Add remaining fat to that in skillet. Add meat, and brown on all sides. Arrange onions and garlic over top of browned meat. Add bouillon cube, dissolved in boiling water, and curry powder. Cover; simmer 1½ hours; add tomato juice. Reheat; serve on cooked rice or with mashed or boiled potatoes. Serves 5.

Potato Chowder with Salt Pork

1/4 pound salt pork, minced
1 cup chopped onion
1/2 cup chopped celery tops
3 cups diced potatoes
3 cups water
3 cups milk
Salt and pepper
8 saltine crackers

Fry salt pork slowly in soup kettle until golden brown. Remove pork. Add onion, celery and potatoes to fat; cover and cook for 10 minutes, stirring several times. Add water; cook 10 minutes until potatoes are tender. Add milk and salt and pepper to taste. Heat thoroughly. Just before serving add crumbled crackers and salt pork.

Puffy Omelet

6 eggs (white, yolk separated)
1/8 tsp. pepper
1/2 tsp. salt
6 tbsp. water
2 tsp. fat or salad oil

Beat the egg whites stiff with a hand beater or an electric beater. Beat the egg yolks until thick and lemon-colored; add the salt, pepper, and water, and beat thoroughly. Fold the egg-yolk mixture lightly but completely into the egg white. Meanwhile heat the salad oil or fat in a skillet, tip the skillet to grease the sides and the bottom evenly. Then turn the heat to low and add the omelet mixture. Cook over low heat until well puffed and golden brown and firm on the underside. Then set in a moderate oven of 350° F. for 5 min. or until the surface seems set when pressed with the finger. Now loosen the sides of the omelet with a spatula, cut through the middle-at right angles to handle of to pan without cutting all the way through. Then fold the omelet carefully from the handle to the opposite side of the pan and turn unto a hot platter. Serves 6. If preferred, an omelet pan may be used, in which case put half of omelet mixture in each half, after heating the salad oil in it.

Egg Croquettes

1/4 c. mixed onion
3 tbsp. butter, margarine or fat
4 tbsp. flour
1 tsp. salt
6 shelled hard-cooked eggs, chopped
1 egg beaten
1/4 tsp. pepper
1/4 dry mustard
1 c. bottled milk or 1/2 c. evaporated and 1/2 c. water
2 tbsp. cold water
Sifted dried bread crumbs

Saute onion in butter in top of double boiler over direct heat until tender. Blend in next 4 ingredients. Stir in milk; cook over boiling water, stirring until very thick. Add chopped eggs. Chill thoroughly. Then form into croquettes about 4" long by 1" in diameter. Dip in egg combined with cold water; roll in bread crumbs. Fry in 1½ fat or salad oil, heated hot enough to brown a cube of day-old bread in 20 sec., until golden brown. Drain on crumpled paper toweling. Makes 10 croquettes.

Chicken Fritters

1 cup sifted flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 egg, well beaten
1/2 cup milk
1/2 cup minced chicken or veal
2 teaspoons chopped parsley
1/4 teaspoon grated onion
1/2 cup salad oil for frying

Sift together flour, baking powder and seasoning. Combine egg and milk and add to flour mixture, stirring just enough to dampen flour. Fold in chicken or veal, parsley and onion. Heat oil about 3 minutes over medium heat, using large skillet; drop batter by tablespoonfuls. Fry about 2 minutes, or until golden brown on one side; then turn and fry 2 minutes longer. Drain on absorbent paper. Serve hot with Chicken-Curry Sauce. Makes 12 fritters.

Ribbon Cheese Sandwich

Grate cheese, add chopped red pimiento, chopped pickles and cream. Add enough cream to make consistency just right to spread. Make your rainbows by putting right filling in between three deckers of bread.

Ham Chicken Sandwich

Sliced ham
Chicken
Pickles
Mayonnaise
Bread
Lettuce

Spread mayonnaise on bread and line with lettuce, ham and pickles. Cover with bread, then spread another layer of chicken, tomatoes, etc.

Asparagus with Olive Sauce

1 No. 2 can of asparagus spear
1 cup medium white sauce or bottled mayonnaise
Sliced stuffed olives

This dish may be serve hot or cold. As a vegetable dish, to go with chicken, heat the asparagus in their own liquid, then drain. Arrange them in groups of from 4 to 6 stalks each and pour a little salad dressing or sauce over each serv-

ing. Garnish with sliced olives.

If desired, 1 cup grated American cheese may be added to the white sauce and heated until the cheese melts, then the sliced stuffed olives are added. Pour over asparagus.

Egg and Cheese Timbales

3 eggs
1 1/2 cups milk
1 1/2 tablespoons butter
1 tablespoon flour
1/3 lb. sharp cheese, chopped
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 teaspoons Worcestershire Sauce
1/2 teaspoon mustard scant
1 1/2teaspoons chopped pimiento

Melt butter, add flour; blend well. Add milk. Cook over low heat stirring constantly until thickened. Add milk. Cook over low heat stirring constantly until thickened. Add cheese and stir until blended. Remove from heat and add seasonings and pimiento. Pour slowly into beaten eggs, stirring constantly. Pour into well greased custard cups. Set cups in pan of hot water and bake in moderate oven (325° F.) until firm, about 45 minutes. Insert knife in center. If knife comes out clean, timbales are done. Unmold to serve. Chopped pickle relish, chili sauce, or whole cranberry sauce are good accompaniments. Makes 4 timbales.

Liver Saute

The doctor says we must have liver at least once a week. Whenever we make adobo, we add to the pork piece of liver which we mash and serve as sauce. But this is the usual way to cook liver:

Have the butcher slice the liver as thinly as he can—1/2 inch or less. Upon reaching home, sprinkle with salt and dredge each piece with flour. Saute in lard (more delicious if sauteéd with bacon slices) for about 5 minutes or until no reddish juice comes out when liver is prickled with a fork. Do not overcook liver as it becomes tough.

Baked Stuffed Fish

One 3 to 3 1/2 pound fish
Salt, pepper, dry mustard

Clean and wash large fish. (If head is retained, remove eyes after cooking. Tail should be wrapped in paper to prevent burning). Sprinkle fish inside and out with seasonings. Fill with stuffing, skewer or sew cut edges together. Cut gashes on each side across the fish and brush with butter, or other fat. Grease baking sheet, place fish on it. Bake in moderate oven, 375° F., allowing 15 minutes to the pound, or until flesh can be easily separated from bone. If necessary, baste fish occasionally. Remove to serving platter; garnish with parsley and lemon sections.

Kidney Ragout

1 pound veal kidneys, uncooked
Flour
Salt and pepper
4 slices bacon, diced
1 onion chopped
1 c. boiling water
1 c. mushrooms, or
2 c. diced, cooked carrots

Trim kidneys and wash in vinegar water. Cut them in small dices, roll in seasoned flour. Fry the bacon and onion gently. Remove from pan and brown kidneys in bacon fat. Add all ingredients, then simmer until kidneys are tender, probably 30 minutes.

Codfish Balls

1 cup shredded codfish
3 cups diced potatoes, raw
1 tablespoon butter
Pepper to taste
3 tablespoons evaporated milk
1 egg, slightly beaten
Bread crumbs

Cook the codfish and potatoes in the boiling water until the potatoes are tender. Drain and mash. Add the butter, pepper and milk and beat thoroughly. Chill, if possible. If not, just allow to cool. Shape into small balls, each the size of a walnut, and roll in crumbs, then in egg. Fry in deep, hot fat until brown.

Noodle Ring with Salmon

4 oz. egg noodles
1 1/4 c. white sauce
2 eggs well-beaten

Cook noodles until tender, in salted water. Drain; mix with sauce and eggs, pour into ring mold and bake 45 minutes in moderate oven, 375° F. Turn out, fill center with creamed salmon:

4 tbsp. butter
4 tbsp. flour Cream Sauce
2 c. salt
1 tsp. vinegar
2 hard-cooked eggs, chopped
1 pimiento, chopped
2 tbsp. parsley, chopped

Lamb a la King

4 tbsp. lamb fat
4 tbsp. flour
1 3/4 c. lamb broth or gravy
2 c. cubed, cooked lamb
1 tbsp. shortening
1 medium onon, sliced
1/2 c. peas
1 pimiento, chopped

Make a cream sauce of the lamb fat, flour, and gravy. Season to taste. Add lamb and heat gently. Melt shortening and fry onion until lightly browned. Add to lamb. Add peas and pimiento. Serve on pastry or toast points.

Veal Rolls with Sausage Stuffing

1 lb. veal cut in slices
1 teaspoon chopped onion
2 tablespoons butter
4 tablespoons lard
Oxford sausage
1/2 cup bread crumbs
1/3 cup Nido full-cream powdered milk
1 can cream of mushroom soup

Wipe and cut the veal in pieces 2 x 2 inches. Spread each piece with sausage browned in butter with onion. Add bread crumbs and moisten with milk. Roll and fasten with thread or toothpicks. Dredge with flour sprinkled with salt and pepper. Brown in a skillet with the fat. Serve with potato balls and parsley.

Hot Salad Dressing

4 slices of bacon
1/4 cup vinegar
1 tablespoon sugar
1 teaspoon sugar
1 teaspoon salt
Dash of pepper
1/2 teaspoon mustard

Cut up and fry the bacon till crisp. Add the rest of the ingredients, mix well and bring to a boil. Pour over salad greens like cabbage, spinach, mustard leaves, even pechay, and toss with a fork over the fire until the greens are wilted.

This is also nice poured over cooked and cubed potatoes or canned string beans. Serve with beefsteak.

Because we are lazy persons, one-dish-meals have become our specialty. Try this one, which you serve right in the skillet in which it has cooked (nice if you have one of those Pyrex pans with removable handles):

Meat Loaf

(Basic Recipe)

2 eggs
1/4 cup milk
1 1/2 cups soft bread crumbs
1 kilo ground beef
2 tablespoons or more of finely chopped onion
2 tablespoons fine salt
1/4 teaspoon pepper
1 tablespoon Worcestershire Sauce

Here are the steps to be followed in making this meat loaf; follow them so that you will not have many messy utensils to wash.

1. Prepare bread crumbs by grating two or three-day old bread slices (pan Americano) or crumbling them with the fingers, on newspapers.
2. Chop onion.
3. Break eggs into a large bowl and beat with a fork, just enough to mix the yolks and the whites.
4. Add the milk and the crumbs and stir until blended.
5. Add the beef, onion and seasonings. Mix well.
6. Shape loaf in shallow baking pan.

If you have an oven you may bake the meat loaf in it, for about half an hour. If you don't have an oven, cook the loaf as you do **bibingka,** over live charcoals, later browning the top by placing a pan with coals on top of the baking pan.

To serve hot: Slice and serve with gravy. Pour off 2 tbsps. fat from the baking pan. Add 2 tablespoons flour to it, then stir in 1 cup water. Cook, stirring all the time, until thick. Pour over loaf slices and serve at once.

To serve cold: Slice and serve with tomato ketchup, or with mixed salad (pepper, cucumber, onion, lettuce).

Shrimp is a favorite dish anywhere.

A cocktail with a perky sauce to precede a formal dinner, a plateful cooked creole style with peppers, tomatoes and okra served with a steaming heap of rice, or shrimp salad, cold and luscious and lip-smacking.

Here are several recipes culled from the best cooks and the best palates.

Shrimps in Sauce

1 1/2 pounds fresh shrimps, cooked and cleaned
4-6 tablespoons vitaminized margarine
1 cup Best Foods real mayonnaise
2 tablespoons French dressing
1 teaspoon onion juice
1 1/2 teaspoon lemon juice
1 tablespoon mustard-with-horse-radish
1 tablespoon Indian relish

Saute shrimp in vitaminized margarine until golden brown. Combine real mayonnaise with French dressing, onion juice, mustard with horse-radish and Indian relish. Serve real mayonnaise sauce with sauteéd shrimps.

Shrimp and Fish Pie

2 cups raw shrimps
3 tablespoons lard
3 tablespoons oil
3 finely sliced mushrooms
2 tablespoons red wine
1 tablespoon finely chopped red and green peppers
1/4 tomato paste
1 cup cream
2 tablespoons sour cream
Salt
Cayenne pepper
Chilis
2 sliced onions
A little chopped onion
1 cup raw rice
Light stock
3 tablespoons almonds

Toss the shrimps in 1 tablespoon lard and 2 tablespoons oil for 1 or 2 minutes. Remove shrimps and add more lard and mushrooms. Cook briskly for a couple of minutes and

add wine and peppers. Cook until the liquid is reduced; add a little more shortening and the tomato paste if necessary. Mix in very slowly the cream, sour cream, salt, cayenne pepper and chilis. Put back the shrimps with the 2 sliced onions which have been cooked in lard until brown and crisp. Simmer very slowly until the shrimps are pink. Serve with the following:

Shrimp and Fish Pie

1 pound fish
8 cups cooked, shelled shrimps
1 tablespoon grated onion
2 tablespoons lemon juice
2 tablespoons finely chopped parsley
2 cups medium white sauce
1 recipe biscuit or pastry standard

Cut fish into small pieces and poach or steam.

Arrange fish and shrimp in layers in a greased ovenware dish, sprinkling the layers with onion, lemon juice and parsley. Add white sauce (4 tablespoons melted butter, 4 tablespoons flour, 1 teaspoon salt, 1/4 teaspoon pepper, stirring in 2 cups milk over slow fire).

Cover with biscuit or standard pastry recipe and bake in a hot oven until browned.

For a Sandwich Party

Note that the most popular hostess in your set is not the one who provides a creaking and groaning board loaded with a ten-course meal, but the one who is a good but casual organizer. There is no fuss and bother when the guests have arrived. The light and charming touch to make them all feel at home is present.

The favorite buffet party has become a tray service or make-your-own sandwich arrangement, which is easy on both hostess and guests. We suggest that you place on large trays thinly sliced bread spread with butter or vitaminized margarine, with bowls containing various fillings, lettuce leaves, horse-radishes, sliced tomatoes and watercress and other relishes. Then leave your guests to their own inventions.

Below are two sandwich-filling recipes you might place in attractive bowls for your next Dagwood sandwich party.

Deviled Egg Salad

6 hard-cooked eggs, chopped
1/3 cup Best Foods sandwich spread
2 tablespoons Best Foods real mayonnaise
1 1/2 teaspoons minced onion
1/4 cup finely chopped celery
Salt and pepper

Combine all ingredient and season with salt and pepper.

Snappy Ham Filling

1 1/4 cups cooked ham, finely chopped
4 tablespoons Best Foods sandwich spread
1/4 cup Best Foods real mayonnaise
2 stalks celery, finely chopped
1 teaspoon onion, minced

Combine all ingredients.

Stuffed Fish

1 big sized fish (banbangin or apahap)
1 cup chopped boiled shrimps
1 cup chopped cooked ham
Salt and pepper to suit the taste
2 tablespoonfuls onion juice
1 tablespoon toyo
1 cup chopped apulid
1 cup chopped celery
2 eggs (raw)
2 hard-boiled eggs
Enough butter and calamansi juice for rubbing fish

Clean the fish thoroughly. Open fish and remove bones and spines, being careful to keep fish intact as much as possible. When ready rub flesh with butter, salt, pepper and calamansi juice.

Mix together the chopped shrimps, ham, apulid, celery, toyo, onion juice and 2 eggs. Stuff the stomach of fish. Sew together opening and steam fish. When cooked, place on a platter and garnish with the 8 hard-boiled eggs.

Serve with the following sauce:

1 tablespoonful flour
1 can sweet peas (small)
1 small onion (chopped)
1/2 cup milk
2 tablespoonfuls grated cheese
6 tablespoonfuls salad oil or butter
Salt to suit the taste

Heat the oil or butter in a frying pan. Saute onion until golden brown, add flour water and milk mixture. Cook until thick enough to pour two or three minutes longer. Add sweet peas and pour over the fish just before serving.

Peppers Stuffed With Corned Beef

4 big sweet peppers
2 cloves garlic, crushed
1 small onion
2 medium-sized tomatoes
1 can Libby's Corned Beef

Roast the peppers over live charcoal; dip in cold water and skin them. Remove the seeds and set the pitted peppers aside. Saute the garlic, chopped onion and tomatoes. Chop the corned beef and add to the onion and tomatoes. Salt to taste. Stuff the peppers with this meat mixture and fry to a light brown. Serve hot.

Snipes (Bird with Stuffed Olives)

Dress and clean the birds. Place them in a saucepan and cover with equal part of sherry wine and chicken stock, 1/2 cup olive oil and 1/2 cup sliced onions. Cover and give the bird a hard boiling. Simmer until birds are tender. By that time the liquid must be more than one-half evaporated. Chop stuffed olives to the amount 2/3 cup and add to the pan. Let it boil for ten to fifteen minutes more and serve.

Stuffed Eggplant

1 mideum-sized eggplant
1 cup mushrooms
1/2 cup chopped onion
1 cup minced ham
4 tablespoons butter
1/4 teaspoon salt
1/8 teaspoon black pepper

Strips of red pimiento and squares of green pepper. Cut slice from top of eggplant lengthwise. Scoop meat out until only **half** an inch to outer skin remains. Chop mushrooms and eggplant meat coarsely and saute in butter with onions for ten minutes. And ham and seasoning. Fill eggplant with this mixture. Arrange strips of red pimiento and squares

of green pepper on top and sprinkle with buttered bread crumbs. Bake in a hot oven until thoroughly heated and brown.

Stuffed Pepper

6 firm green peppers
2 cups chopped cooked meat
1/2 cup bread crumbs
1/2 cup chopped onion
1/2 cup stock or any meat broth
1/2 teaspoon salt
1/8 teaspoon black pepper
Buttered bread crumbs
1 tablespoon butter

Wash peppers; cut a piece from stem end of each and remove seeds. Parboil it for five minutes. Mix chopped meat, bread crumbs onions and the broth. Add the salt and pepper. Sprinkle with buttered bread crumbs and bake in moderate oven until brown. Put a little water and the butter at the bottom of the baking pan for basting.

Variations

Cheese Biscuits: Cut in 1 cup grated cheese with the shortening and proceed as directed. Or prepare plain biscuit dough, roll into ball 1 1/2 inches in diameter and place in small muffin pans; dot with butter and sprinkle with grated cheese; bake as directed.

Ham Biscuits: To flour-fat mixture add 2/3 cup chopped cooked ham; stir in milk and proceed as directed.

Orange Tea Biscuits: To flour-fat mixture add 1 tablespoon grated orange rind; stir in milk and proceed as directed. Press a small cube of sugar dipped in orange juice into top of each biscuit before baking.

Pot Roast Glamourized

Rub 4 lbs. of pot-roast beef with a mixture of 1/2 teaspoon each: ground cloves, mace, allspice and salt. Chop 1 onion fine; spread over beef. Mix 4 tablespoons salad oil, juice of 1 lemon and 1 tablespoon vinegar. Pour over meat. Let stand in icebox overnight. Simmer meat 10 minutes in covered pot, adding 3 chopped bay leaves. Mix 1 tablespoon flour and 1/2 teaspoon salad oil. Brown in pot with meat; add boiling water to half cover meat. Simmer 3 hours or until tender. Serve with gravy.

XIII. Soup

Bean Soup

(Use white or black beans)

2 cups dried beans
8 cups water
Salt to taste
2 tablespoons butter
1 carrot, diced
2 leeks, minced
1 onion, chopped
1/4 pound salt pork or ham bone
1 faggot (1 leek, 2 sprigs, parsley, 2 stalks celery tied together)
A little pepper
Milk for thinning

Clean and wash beans and soak for 2 hours in cold water to cover. Drain; cover with 2 quarts of water and add salt. Bring to a boil; skim well.

Melt butter in a saucepan, add carrot, leeks and onion and cook until golden brown. Add to beans. Add salt pork and faggot. Cook.

Potage Parmentier

(Leek and Potato Soup)

4 leeks, (white parts only minced)
1 onion, finely minced
3 cups water
2 teaspoons salt
2 tablespoons butter
4 potatoes, pared and chopped
3 cups hot milk

Put leeks and onion in a saucepan with 1 tablespoon of the butter and cook, covered, until vegetables are soft but not browned. Add potatoes, water and salt. Bring to a boil and cook slowly for half an hour or until potatoes are very soft. Strain through a sieve. Return the strained puree to the pan, bring to a boil and add the milk and the remaining tablespoon of butter. Check seasoning.

Pour soup into tureen and serve with croutons, fried bread cubes.

For a richer soup, mix 2 egg yolks with 1/2 cup cream and combine with the hot soup. Bring to the boiling point but do not allow to boil after adding the egg yolks.

If you have a ham bone (you can buy one in the market), do make cabbage soup, which is a meal in itself.

Onion Soup

This is the most famous of all French soups, and the French do not seem to tire of it even if it were served to them every day. In France it is cooked in a large earthenware casserole which is brought to the table and dished out into pottery bowls.

2 cups minced onions
2 tablespoons butter or margarine
1 tablespoon flour
10 cups stock
1 teaspoon fine salt
Pepper
Bread crusts or slices of pan de barra

Put onion and butter in sauce and cook slowly until golden brown. Add the flour, mix thoroughly with the onions, and cook for a few minutes. Add the stock, salt and pepper. Boil gently for ten minutes. Serve in your soup tureen, with slices of hard rolls or crusts of American bread floating on top.

If cheese is available, grate some of it and sprinkle on top of the soup.

If preferred, this soup may be strained, mashing the onions into a pulp and forcing it through the strainer.

It may also be made with 5 cups of stock and 5 cups of milk, in which case, heat the milk and add it to the soup just before serving.

Soup Stock

Shin of beef (kenchi)
Cold water
Celery, carrot, onion, parsley chopped
5 whole cloves
10 pepper-corn
1 bay leaf
Marjoram, Thyme, if available
1 tablespoon salt

The shin of beef should have some meat attached to it. The bone must be cracked to allow the marrow to come out.

A rich brown soup stock is more desirable because it is more flavorsome and attractive in color. Separate the meat from the bone and cut into small pieces. Brown in beef fat or a little lard.

Place meat and bones in a large kettle and add enough cold water to cover. Bring slowly to a boil and remove scum that forms at the top. Add vegetables and seasonings. Cover and simmer gently for about four hours, removing the scum occasionally.

Strain the soup before using,

If the soup is to be kept for several days, it is better to strain out the vegetables as they sometimes cause spoilage. Boil soup, adding more water, every evening, remove cover and allow steam to come out before putting kettle away.

Cream Soup For Lunch

1 onion, minced
1/4 cup margarine or other fat
1/4 cup flour
1 cup meat stock or water
1 bouillon cube
1 cup vegetable cooking water
1 tall can evaporated milk
1 cup cooked vegetables
Seasonings

Cook onion for 2 or 3 minutes in fat; blend in flour. Add liquids gradually, stirring until smooth. Cook until thickened, stirring constantly. Add cooked vegetables, cut in small pieces. Season to taste with salt, pepper, a dash of Worcestershire, a few grains of nutmeg. Heat thoroughly.

Corn-Pimiento Soup

Unless you relish something different, do not try this soup. It is really delicious, if you like pimiento, and you might as well do it, especially with cheese.

Get some very young corn and scrape off the pearly kernels with a dull knife until you have about 2 cups. Other ingredients you will need are a small jar of pimiento, butter, a little minced green onion, and of course salt and pepper.

Saute the minced onion (2 tablespoons) in a little butter, then the pimiento, mashed with a fork. Add the corn and a little water just to prevent sticking. When corn is cooked, add 2 or 3 cups of undiluted evaporated milk and heat but do not boil or the milk will curdle. Season and serve at once.

Cabbage Soup, Country Style

When children come trooping in, wet with rain, a hot thick soup is most welcome, to get rid of the chill from their bones and to fill empty stomachs. Here is a very nourishing soup:

2/3 pound salt pork (tocino)
4 quarts water (16 cups)
2 teaspoons fine salt
1 ham bone or 1 pound ham
1 slice garlic sausage, if desired
3 carrots, diced
2 turnips, diced
3 onions, chopped
4 leeks, chopped
4 cups chopped cabbage
5-6 medium-sized potatoes
1 pepper, diced

Put pork in a deep kettle, cover wih water and boil for 10 minutes. Drain and plunge into cold water. Return pork and ham into kettle with the water, boil for a few minutes, add salt and boil for about 2 hours. Add sausage and all vegetables, except potatoes. Cook until vegetables are soft, then add the potatoes. Season with salt and pepper. Skim off fat, remove pork and sausage, cut into dice and return to the soup. Serve with crusts of bread in it.

Dried Bean or Split Pea Soup

1 cup dried beans or green or yellow split peas
1 small onion, sliced
4 tablespoons butter or margarine
4 tablespoons flour
4 cups fluid milk
Salt and pepper to taste

Soak beans or peas overnight in cold water. In the morning, cook in plenty of water until soft. Put through a sieve.

Make a white sauce with the fat, flour, and milk. Add the onion which has been sliced and browned in the fat, then sieve. Add the peas and the onion to the milk mixture and heat thoroughly. Serve at once with fried bread cubes or crackers.

Stuffed Chicken Soup with Asparagus

1 big hen
1/2 kilo ground pork
1 cup pork sausage or
4 or 6 pieces Oxford sausage
1/4 cup grated cheese
1/2 cup ground ham
1 kilo meat bones for broth
1 cup chopped celery or
1/2 cup chopped kinchay
2 tablespoonfuls white wine
4 eggs
1 cup chopped apulid
1/4 cup chopped green onion
1 can green asparagus (medium)
4 tablespoonfuls butter
1/4 cup onion juice
3 tablespoonfuls Perrin Sauce

Kill, dress and clean a big fat hen. Remove the bones, being careful not to cut the skin. Soak overnight the boned chicken in this mixture:

Juice of 3 California oranges
Salt and pepper to suit the taste
Juice of 1 big onion
4 tablespoonfuls brandy
4 tablespoonfuls Perrin Sauce
1/4 chopped kinchay

Place chicken in the refrigerator. If no refrigerator or ice box is available, soak early in the morning (about 7:00 o'clock) until afternoon around 3:00 o'clock. While waiting for the time, mix together the ground pork, sausage, ham, apulid, celery or kinchay, cheese, green onion, butter, onion juice, wine, perrin sauce, eggs and enough salt and pepper to suit the taste. Set aside and when ready, stuff the chicken with this mixture. Wrap stuffed chicken in clean cheese cloth and boil with meat bones. When cooked remove pan, unwrap and fry. Thicken soup with mashed potatoes or cornstarch. Add asparagus together with juice.

Slice stuffed chicken and add soup just before serving. Serve hot.

Julienne Soup

Meat Stock—8 cups
Vetsin powder—2 tablespoons
Cabbage—1/2 cup (finely shredded)
Green Pepper (sweet)—1/4 cup (thinly sliced)
Egg white—1 (beaten for 1 minute)
Salt and pepper to taste.

Place the stock in an enamel or aluminum pan. Bring to a boil and add the rest of the ingredients except the egg whites. Cover the pan and cook for eight to ten minutes. Add the egg whites and stir for one minute. Remove from the fire and serve hot.

The meal that gets off to a good start is a meal that has a succulent, tempting soup course, not too heavy, nor too thin, a soup that merits more than a few perfunctory scrapings of the plate with a dubious spoon, a soup that is a tasty promise of better things to come. And no soup, regardless of how good **per se,** is complete without accessories —balls, croutons or forcemeat.

XIV. Salad and Pickles

Fish Salad In Avocado Shells

1 7-ounce can (1 cup) tuna
1 7 3/4-oz. can (1 cup) salmon
1 3 3/4-oz. (1/2 cup) sardines
1 2-oz can (1/3 cup) anchovies
1 cup diced celery
3 tablespoons chopped olives
6 tablespoons mayonnaise or salad dressing
2 tablespoons chili sauce
1/8 teaspoon dry mustard
1 teaspoon Worcestershire sauce
1 teaspoon tarragon vinegar
4 avocados
Lemon juice
Watercress
Lettuce

Drain tuna, salmon, sardines, and anchovies; flake. Combine with celery and olives. Mix mayonnaise with salad dressing, chili sauce, mustard, Worcestershire sauce and vinegar; add. Cut avocados in half lengthwise; remove seeds; sprinkle avocados with lemon juice. Fill with fish mixture. Garnish with lettuce.

Stuffed Tomato-Egg Salad

4 firm well shaped tomatoes
Salad greens
4 hard-cooked eggs
1/2 cup diced celery
2 tablespoons salad dressing
1/2 teaspoon Worcestershire sauce
1 tablespoon or more lemon juice
Salt and pepper
Frizzled dried beef, or crisp diced bacon

Remove skins and the core from chilled tomatoes. Cut in 5 or 6 sections and press open gently to make a flower. Sprinkle inside with salt and pepper. Place on salad greens. Meanwhile chop eggs, not too fine. Add celery, salad dressing, Worcestershire sauce and lemon juice. Season well to taste. Spoon into center of tomato. Top with additional dressing, then the dried beef. Serves 4.

Tomato Fritters

Select green or firm ripe tomatoes and slice 1/2 inch thick. Sprinkle with salt and pepper. Dip in beaten egg, then in crumbs. Fry in shallow fat until browned. Serve at once.

Green Leafy Vegetables

Green leafy vegetables, especially those with thin leaves, are good sources of Vitamins A and G (riboflavin). Vitamin A has often been spoken of as our first line of defense against infection. Although it does not prevent colds, it is important in shortening the duration of them; it helps keep the delicate membranes lining the respiratory tract as well as other parts of the body. Vitamin G promotes growth, general good health and vigor, tones up the digestive system and postpones senility.

Tender leaves of such common vegetables as camote, kangkong, spinach, alugbati, make very nice salads when boiled and seasoned with calamansi juice, salt and garlic.

Tomatoes

Tomatoes are good sources of Vitamin C which increases the resistance of our body to infection and helps maintain firm gums and sound teeth. Since this vitamin cannot be stored in the body, it must be provided for every day to keep the body healthy, and since cooking partially destroys Vitamin C, it is important to include 2 or more servings of a raw vegetable or fruit which supplies it. Other good sources of Vitamin C are oranges, grapefruit, calamansi, pineapple, raw vegetables, green peppers, asparagus, bananas, cabbage, peas, watermelon. Of all these, tomatoes are the least expensive.

Whenever you serve fried or broiled fish (fresh or salted), shrimps, fried beef or pork (adobo), make it also a point to serve raw tomatoes with it.

To peel tomatoes, which must be served raw, hold it over a flame until the skin wrinkles, or drop into boiling water for a moment, then plunge into cold water. The peeling will slip off easily.

Sometimes make a salad of tomatoes, native onions and radish, this last one very thinly sliced, salted, then squeezed to remove some of its tanginess. Include the young leaves of the radish, chopped fine.

Have you tried broiled tomatoes with fried fish or beefsteak? Cut firm ripe tomatoes into halves crosswise, sprinkle cut surfaces with salt and pepper and dot with butter or margarine. Broil over live coals until the top bubbles.

Savory Tomatoes

1/2 cup diced bacon or salted pork
1 cup onion, sliced
4 cups tomatoes, sliced
1 tablespoon cornstarch

Cook bacon slightly; add onion and cook until soft and lightly browned. Add the tomatoes and simmer for about 10 minutes. Stir in the cornstarch dissolved in a little cold water and cook until thickened, stirring occasionally.

String Beans Salad

Mix cooked string beans with a little diced crisp bacon and some chopped pickles. Marinate in French Dressing. Drain. Serve in lettuce cups with bottled salad dressing and garnish with chopped hard-cooked eggs, peeled shrimps, or meat cubes.

Pickled Beets and Egg Salad

Hard cook eggs the night before allowing one egg for each person to be served and let stand overnight submerged in the pickle of the beets. To serve: Slice each egg lengthwise and arrange on a bed of shredded lettuce. Flank each side with 3 or 4 slices of pickled beets. Serve with bottled mayonnaise.

Pickled Beets: Cook 1½ cups beets until just tender. Slip off skins. Combine 1 cup vinegar, ¼ cup water, ½ cup sugar, a little allspice, a small piece of cinnamon stick, a few whole cloves, and salt, in a saucepan and bring to a boil. Simmer for 15 minutes and add the beets. Simmer for 5 minutes longer. Allow to stand overnight. Whole native onions may be used instead of beets.

Potato Salad

3 cups cooked potatoes, sliced or cubed
3 tablespoons grated onion
1 tbsp. lemon or calamansi or lime juice
1 tablespoon prepared mustard
(optional)
1/2 cup chopped pickles
4 eggs, hard-cooked, sliced or chopped
1/3 cup French Dressing
Cooked Salad Dressing (bottled)

The potatoes should be cooked with their skins on, then peeled and sliced when cold. Mix potatoes, onion, lemon juice, pickles and eggs lightly. Add the French Dressing and mix. Chill if possible. Add mayonnaise of bottled salad dressing to moisten, and season to taste. Serve in lettuce cups and garnish with sliced tomatoes.

Variations: Use chopped olives instead of pickles. Or add about 2 cups shrimps, previously boiled, peeled and marinated in French Dressing, or flaked tuna fish, or chopped cooked ham or luncheon meat.

Celebration Salad

2 cups cooked chicken
2 cups cubed cooked ham
1/2 cup mayonnaise or salad dressing
Lettuce
2 cups diced celery
1 cup salted almond nut meats
2 hard-cooked eggs
Pimiento

Combine chicken, ham, celery, nut meats and mayonnaise or salad dressing. Arrange on lettuce. Cut eggs lengthwise; cut pimiento in stripes. Garnish salad with egg and pimiento.

Salmon Salad

Very good for lunch on these hot summer days is a dish that needs no cooking. Take a small can of salmon or tuna and empty contents into a deep dish. Add chopped sweet (we prefer sour) pickles, one chopped onion, and a little chopped celery or kinchay. Mix well and serve with bottled mayonnaise if preferred. Nice to go with this are cucumber slices marinated in a vinegar, salt, sugar and freshly ground black pepper mixture. We prefer to eat this fish salad with toasted buttered bread or rolls.

By the way, don't forget that fish **paksiw** goes better with fried eggs and chocolate or cocoa. For the sauce (sawsawan) try chopped tomatoes and native onions with **patis.**

Toss that Salad

The art of mixing a perfect "tossed" salad is easily learned. First make sure your bowl is large enough... not more than half full of well-washed and carefully dried greens. Add dressing. Now with a fork and spoon gently lift, lower, turn this way and that till every morsel glistens with the rich savor of oil and mellow Heinz Vinegar (see recipes below).

Vary the dressing.

Frozen Fruit Salad

5 oranges, sections only
5 lacatan bananas, diced
1 cup diced pineapple
1 cup whipped cream
1/2 cup maraschino cherries, cut in pieces
1 cup cooked dressing
Lettuce

Add whipped cream to cooked dressing. Add fruits and mix gently. Freeze.

Boiled Salad Dressing

4 egg yolks
2 tablespoons flour
1/8 cup granulated sugar
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dry mustard
1/4 teaspoon celery seed
1/2 cup vinegar
1/2 cup water
2 tablespoons butter

Beat yolks. Add flour, sugar and seasonings. Add vinegar and water. Cook slowly stirring constantly until dressing thickens. Add butter. Beat and pour into a jar. Cool. Cover and store in the refrigerator.

Thin this dressing with sweet or sugar or sour cream. Use the dressing on fish, meat or vegetable salad.

Salmon Salad

3 cups canned salmon
1 cup diced cucumber
2 tablespoons grated onion
2 tablespoons lemon juice
1 tablespoon fine salt
12 asparagus tips, if desired
1/2 cup green pepper, finely chopped

Drain salmon thoroughly and sprinkle with lemon juice. Flake into small pieces. Combine with cucumber, onion and pepper. Season. Heap lightly on a platter and garnish with asparagus tips, tomato wedges or chopped hard-cooked eggs.

Ham and Vegetable Salad

1 1/2 cups cooked ham
1 cup chopped celery
1/4 cup chopped sour pickles
2 tablespoons chopped green pepper
3/4 cup cooked peas
1/2 cup cooked or bottled salad dressing

Combine all ingredients, using enough cooked salad dressing to moisten. Grated onion may be added if desired. Serve on a bed of greens and garnish with stuffed olives or radish roses.

Here's an appetizing salad, good to serve with cold meat or salted fish and eggs:

Sour Cream Vegetable Salad

1 cup sliced cucumber
1 cup sliced tomatoes
1 cup sliced onion
1 tablespoon vinegar
1 tablespoon sugar
1 tablespoon fine salt
1 cup evaporated milk

Add vinegar to milk and stir until milk becomes thick. Add the sugar and salt. Combine the vegetables and mix thoroughly with the sour cream dressing.

Raw cabbage contains 3 times more Vitamin C than cooked cabbage. Here's one way of serving it raw:

Canton Salad

2 tbsp. gelatin
1/4 c. cold water
1 c. boiling water
1/4 c. sugar
1 pt. bottle ginger ale
3/4 c. diced apple
1/4 c. diced Canton ginger
3/4 c. diced celery
3/4 c. diced pineapple

Soak gelatin 5 minutes in cold water, add boiling water, sugar and ginger ale. Chill. When mixture begins to stiffen add diced fruit and celery. Chill in square or oblong pans. When set, cut in cubes and serve with whipped cream mayonnaise, on shredded lettuce.

Tomato Rarebit

1/2 cup celery, chopped
1/4 cup green pepper, chopped
2 tablespoons butter or margarine
2 tablespoons flour
4 tomatoes, sliced
1 package processed cheese
1 teaspoon salt
2 eggs, beaten

Saute the celery, green pepper and the onion in the butter or mayonnaise for 8 to 10 minutes. Add tomatoes, cheese cut in cubes, and salt. Cook slowly over very low heat and stir constantly until the cheese melts and the mixture becomes thick. Gradually add some of this mixture to the beaten eggs. Mix well together, then pour back into the tomato mixture. Continue to cook slowly over low heat, stirring all the time, for another two to three minutes or until thickened and creamy in texture. A dash of Tabasco sauce may be added to the rarebit if desired. Serve at once with toast triangles or crackers and garnish with fresh tomato slices. Makes 4-6 servings.

Summer Foods

The food that is most tempting in the summer is that which is in keeping with the season: tender, succulent and slightly unexpected.

You most probably know by now how delicious mint Hollandaise is with cole slaw or how yum-yummy is Asparagus Vinaigrette with cold chicken. However, you can vary this dish by adding grated orange peel to the melted butter you serve on top of the asparagus—or add grated cheese to the butter and sprinkle more cheese on the asparagus tips before bringing them to the table.

Then again, why not make use of the fruits now in season? Maytime may well be Love-time; it is also Fruit-time. And while we have mangoes, melons, avocados and tomatoes galore, let's make use of them in salad-recipes designed to bring down the temperature in the most pleasant way.

Super Meal-In-One

1/3 cup chopped onion
3 cups cooked rice
4 tablespoons Best Foods real mayonnaise
1 cup cooked peas
1 pound ground lamb
2 teaspoons salt
1/2 teaspoon pepper
Mint Hollandaise
Cooked, sliced carrots
Slaw stuffed peppers

Brown onion and rice in mayonnaise. Mix with peas, lamb and seasonings. Pack into a greased ring pan. Bake in moderate oven (350° F.) for one hour. Unmold on large plate. Fill center of ring with carrots and cover with Mint Hollandaise. Surround with half green peppers filled with cole slaw. Garnish with mint. Yield: 6 servings.

For Mint Hollandaise: Melt 2 tablespoons butter or vitaminized margarine on top of double boiler; add 2 tablespoons enriched flour, 1/2 teaspoon salt, 1/8 teaspoon pepper and stir until smooth. Add one cup milk and 3 teaspoons chopped mint leaves. Cook stirring constantly until thickened. Add 1/4 cup real mayonnaise and stir until smooth.

Tomato Pinwheel Luncheon Salad

2 cucumbers
1 pound cottage cheese
6 medium-sized tomatoes
Chives

Peel and score cucumbers lengthwise with a fork. Cut into thin slices. Peel the tomatoes. Chill. Make 6 cuts lengthwise through the tomato almost to the center. Do not sever the sections. Insert a cucumber slice in each cut. Arrange on individual beds of lettuce or other greens. On each plate serve two mound of cottage cheese seasoned with salt, pepper and some grated onion. Garnish with deviled egg-halves. Serve mayonnaise on the side. Yield: 6 servings.

Cottage Cheese Luncheon Salad

1 1/2 pounds cottage cheese
Few grains pepper
1/4 cup chives, cut fine
2 teaspoon salt
1 cup chopped radish
4 tablespoons mayonnaise

Season cottage cheese with salt and pepper. If very moist, drain. Add radish, chives and mayonnaise; if too dry, moisten with a little cream or extra mayonnaise; mix well and chill. Mound cheese mixture in lettuce cups on a serving plate. Surround with watercress and alternate wedges of tomato and cucumber slices. Garnish with paprika. Top with French dressing. Serve with thinly sliced pumpernickel bread. Yield: 6 servings.

Cole Slaw Salad

4 cups shredded cabbage
1 teaspoon grated onion
1/2 teaspoon celery seed
1/2 teaspoon salt
1/2 cup mayonnaise
2 tablespoons vinegar or lemon juice
1 teaspoon sugar
1/8 teaspoon pepper

Crisp the shredded cabbage in ice water. Combine mayonnaise, vinegar or lemon juice, grated onion, celery seed, sugar, salt and pepper. Drain the cabbage thoroughly and mix with the dressing. Serve in lettuce cups. Garnish with a dash of paprika, a green pepper ring or a strip of pimiento. Yield: 6 to 8 servings.

Carrot and Raisin Salad

2 cups grated, raw carrots
1/2 cup blanched almonds, shredded and toasted
French dressing or mayonanise
2/3 cup seedless raisins

Mix carrots, raisins and almonds. Moisten with French dressing or mayonnaise. Serve in lettuce cups and garnish with watercress. Yield: 6 servings.

Avocado and Cucumber Salad

1 large ripe avocado
1 large tomato
French dressing
1 cup diced cucumber
Chicory or escarole
Chives

Chop the peeled avocado. Mix with the diced cucumber. Serve on top of a large thick slice of tomato on a bed of escarole or chicory. Sprinkle with minced chives. Serve with French dressing. Yield: 4 to 6 servings.

Grapefruit, Avocado and Orange Luncheon Salad

1 large ripe avocado
3 oranges
2 grapefruits
Cherries or dark grapes

Peel a chilled avocado; cut in half crosswise then into thin slices. Peel and divide into sections, 2 chilled grapefruit and three chilled oranges. Arrange grapefruit sections and avocado slices alternately on individual beds of lettuce; overlap 2 slices of orange at the side. Garnish with several cherries or grapes. Serve with honey fruit dressing, cream cheese and nut sandwiches. Yield: 6 servings.

Suggested Combinations for Fruit Salads

Orange, Pineapple and Apple Salad: Dice 2 oranges, 3 slices of pineapple and 1 unpeeled red apple. Combine with 1/2 cup of pitted dates cut small and 1 cup of seeded grapes cut in half. Mix with salad dressing. Makes 6 to 8 servings.

Pineapple, Pear and Peach Salad: Combine diced, canned pineapple, pears and peaches with Queen Anne cherries. Serve in lettuce cups with French dressing, mayonnaise and sprinkle with chopped nuts.

Black-Eyed Susan Salad: Allow 4 sections each of orange and grapefruit for a serving. Arrange on a bed of chicory

or shredded lettuce, petal fashion, alternating the sections. Fill the center with mayonnaise topped with ripe olives.

Pineapple, Grape, Banana and Strawberry Salad: Combine equal parts of diced pineapple, white grapes, sliced bananas and strawberries. Serve with whipped-cream dressing.

Cantaloupe, Orange and Pear Salad: Cut 1 large cantaloupe into melon balls; dice 1 large orange and 2 pears. Mix and chill. Serve with cream dressing.

Pineapple, Orange, Walnut and Grape Salad: Combine 3/4 cup of marshmallows cut in pieces, 1 cup of pineapple cubes, 3/4 cup of orange sections, 1/4 cup of walnut meats broken in pieces and 1 1/2 cups of Malaga grapes, skinned, seeded and cut in half. Serve in lettuce cups with mayonnaise, cooked salad dressing or French dressing.

Orange and Grapefruit Salad: Allow 4 sections each of orange and grapefruit for each salad. Arrange in a row on a bed of lettuce, alternating the sections. Serve pineapple dressing or mayonnaise in a lettuce cup on the side topped with a dash of paprika.

Orange, Pear and Grapefruit Salad: Use canned pears. Cut them lengthwise into quarters. Allow 3 pear quarters, 3 orange sections and 3 grapefruit sections for each serving. Arrange on a bed of lettuce on salad plate, the blunt end of the pear quarters toward the center with grapefruit and orange sections in between. Put a sprig of watercress at the end of each pear. Serve with whipped cream topped with a cherry in the center.

Stuffed Tomatoes

Cut a thin slice from the top of 6 large tomatoes. Scoop the pulp with a teaspoon. Fill with the following mixture:

1 cup chopped bean beef
1/2 cup chopped tomato pulp
1 teaspoon salt
1 egg
1 tablespoon minced onion
1/4 teaspoon salt

Combine the above ingredients. Fill the tomato shells.

Bake in a greased uncovered casserole for 20 minutes in a hot oven (400° F.).

Stuffed Tomato Salad

6 scooped ripe tomatoes
1 cup "sincamas," diced
1/2 cup cooked shrimps, diced

Chill the tomatoes and cut a slice from the top of each one. Scoop pulp with a teaspoon.

Combine the removed pulp of the tomatoes, "sincamas" and shrimps. Add 3 tablespoons French Dressing and fill the tomato shells with the mixture. Serve on lettuce leaves. Serve cold.

French Dressing

1/3 cup vinegar
2 tablespoons salad oil
1 teaspoon salt
1/4 teaspoon pepper

Put ingredients together in a bowl and mix with spoon.

Spiced Beet Relish

1 tablespoon mixed whole spices
1 cup water
1 cup vinegar
1/2 cup sugar
1 bunch small beets
1 cup sweet pickle relish

For mixed whole spices, use allspice, stick cinnamon, cloves and mustard seeds; tie in a piece of cheesecloth or sinamay and drop into the water-vinegar-sugar mixture. Wash beets and cut stems to within an inch of the bulb; add to the spice mixture and cook until tender, adding water if liquid cooks away. Drain, remove skins, chill and chop fine.

Canned beets may be used instead of fresh ones. In this case, drain and add to spice mixture and bring to a boil.

Emergency Pickles

2 carrots, cut in strips
1 green pepper, chopped
3 onions, chopped
1 cup vinegar
1 cup string beans, cut in inch-pieces
Salt
1/4 teaspoon tumeric

Combine all ingredients and cook until mixture is clear and thickened. Yield: 2 quarts. Half recipe for smaller quantity.

Salad Relish

Ripe tomatoes, chopped
1/4 head cabbage, chopped
1 green pepper, chopped
1 large onion, chopped
Celery or kinchay, chopped
1 cup vinegar
Salt and sugar and pepper to taste

Mix thoroughly and let stand until sugar is entirely dissolved. Serve at once.

These may not come under the heading of relishes, but they are great appetite-helpers:

Hot Eggplant

This may be very familiar to you—as an accompaniment of cocido. It is also good with broiled or fried fish.

Boil or roast a large eggplant, skin and mash fine with a fork. Mince several buds of peeled garlic very fine and add to the eggplant. Season highly with pepper (freshly ground), vinegar, salt and a little sugar.

Ensalada de Pasig

River shrimps (ulohan), boiled
Calamias
Tomatoes
Seasonings

Wash calamias and slice crosswise very thinly. Chop some tomatoes and combine with calamias in a bowl. Add the shrimps, boiled with salt but unpeeled. Season with vinegar, salt and a little sugar and pepper to taste.

Instead of the small river shrimps with large heads, alamang, even hevi (fried shrimps) may be used. When hevi is used, it should be soaked in cold water, washed thoroughly then pounded until soft. Those who are particular, blanch the hevi in boiling water.

This is our favorite appetizer but we seldom indulge in it because the menfolk in our household dislike the odor of the **bagoong.**

Bagoong-Green Mango

Get a very green mango and slice the "cheeks" from the seed. With a **raspador** (native hand shredder) or with a spoon, scrape off the meat into a small bowl. Mix this mango meat with bagoong and add chopped tomatoes.

This is specially nice with adobo and other pork dishes.

XV. Sauces

Barbecue Sauce

1 onion, chopped
2 tablespoons fat
2 tablespoons vinegar
4 tablespoons lemon juice
1 cup tomato catsup
3 tablespoons Worcestershire sauce
1/2 teaspoon prepared mustard
1/2 cup water
1/2 cup chopped celery
Salt
Cayenne

Brown onion in fat and add remaining ingredients. Simmer for 30 minutes. Makes 2 cups sauce.

Barbecue Sauce For Spareribs

3/4 cup tomato catsup
3/4 cup water
2 tablespoons vinegar
2 tablespoons Worcestershire sauce
1 tablespoon salt
Dash cayenne
1 teaspoon paprika
1/2 teaspoon black pepper
1 teaspoon chili powder

Combine ingredients. Baste meat while broiling or use for braising. Makes 1 3/4 cups.

Brown Gravy

4 tablespoons fat
4 tablespoons flour
2 cups stock of milk
Salt and pepper

If gravy is to be made in a roasting pan, remove meat to serving platter and keep hot. Discard any fat beyond amount called for. Add flour and blend with remaining fat, browning carefully. Add stock gradually, stirring until thickened. Cook 5 minutes. Season. Makes 2 cups. Stock from cooked vegetables is often used in gravy.

Add 1/4 cup prepared horse radish, drained.

If darker color is desired, add Worcestershire sauce or soy sauce.

Add 1/2 cup sautéed sliced mushrooms.

Horse-Radish Sauce

1/2 cup sour cream
1/2 teaspoon salt
3 tablespoons grated horse-radish

Whip cream and fold in salt and horse-radish. Makes 1 cup.

Mint Sauce

1/4 cup vinegar
1 cup water
1/2 cup chopped mint leaves
1/4 cup lemon juice
1 1/2 tablespoons sugar
1/2 teaspoon salt

Heat vinegar and 1/2 cup water to boiling and pour over half the mint leaves. Let stand 15 minutes. Strain. Add remaining water, lemon juice, sugar and salt. Chill. Add remaining mint leaves and serve with lamb. Makes 1 3/4 cup sauce.

Mushroom Sauce

3/4 cup button mushrooms
3 tablespoons butter
3 tablespoons flour
1 1/2 cups stock or milk
Salt and pepper
2 tablespoons minced pimiento

Sauté mushrooms in butter 5 minutes. Blend in flour. Add stock and cook until thickened, stirring constantly. Season and add pimiento. Makes 2 cups.

Creole Sauce

2 tablespoons minced onion
1/4 cup minced green pepper
3 tablespoons olive oil
1/4 cup sliced mushrooms
1/4 cup sliced stuffed olives
1/2 cup cooked tomatoes
1 cup Brown Gravy
Salt and pepper

Cook onion and pepper in olive oil for 5 minutes. Add mushrooms and cook 3 minutes. Add remaining ingredients, seasoning to taste. Heat to boiling. Serve hot. Makes 1 3/4 cups sauce.

Spanish Sauce—Omit mushrooms, olives and brown gravy. Use 2 cups cooked tomatoes. Cook onion and green pepper in oil; add tomatoes and seasonings. Cook until thickened.

Piquant Sauce

1/4 cup butter
1 cup water
1 cup beef broth
2 teaspoons salt
1 teaspoon mustard seed
6 tablespoons lemon juice
Dash cayenne

Melt butter and add remaining ingredients in the order listed above. Blend thoroughly. Makes 2 2/3 cups.

Raisin Sauce

3/4 cup brown sugar
3 tablespoons cornstarch
1 1/2 cups broth from ham or tongue
1/4 cup vinegar
1 lemon sliced thin
1 tablespoon fat

Mix sugar and cornstarch in top of double boiler and add broth gradually, stirring constantly. Add remaining ingredients and cook until raisins are plump and mixture is thickened, stirring occasionally. Serve hot with ham or tongue. Makes about 1 1/2 cups.

Onion Sauce

Cook 1/2 cup minced onion with 3 tbsp. fat until slightly browned. Stir in 3 tbsp. flour, then 1 1/2 cups beef stocks and 1 tbsp. minced parsley, stirring constantly.

Serve with beef.

All-Purpose Tomato Sauce

4 tablespoons lard or bacon fat
1 cup chopped onion
1 cup chopped green pepper
1 clove garlic, minced
2 8-ounce can tomato sauce
1 1/2 cups water
1 teaspoon salt
2 teaspoons sugar
Pepper to taste

Melt or heat lard in deep skillet. Add the garlic and brown. Add the onion and the pepper. Cook until lightly browned.

Add the tomato sauce, water and seasonings.

This recipe will make a little over 2 cups of sauce. Cool

and pour into a jar with a tight cover. Store in icebox if you have one.

Suggestions: Use this sauce for Fish Sarciado, the fish may be bakoko or apahap. Have 1/4 kilo of lean pork sliced thin and boil until thoroughly cooked, then simmer in this sauce to cover, until tender. It may be necessary to add a little water as the sauce becomes very thick. For unexpected guests, boil macaroni according to directions on the package, drain off the water and add a little butter. Heap macaroni in a serving platter and pour sauce over it. Cheese may be added to the tomato sauce while it is heated. Garnish platter of macaroni and sauce with Vienna Sausage, panfried, or with bacon curls. Canned string beans, made into a salad with the addition of vinegar, sugar and pepper, onion rings and sliced red salted eggs.

This sauce is also good for boiled shrimps, hard-cooked eggs, pechay or cabbage sarciado, or chicken. With a little tahuri (bean cake) added, it will do as sauce for fish pesa.

Our favorite lazy-way with pork is to roast two kilos from the leg, slice off the outer, toyo-covered part for one meal, heat the remaining in more toyo and vinegar for the next meal, and so on, for several days. The pork is kept whole and must be boiled for hours in a mixture of water, vinegar and toyo, plus mashed garlic.

Tomato Sauce

Select fully riped fleshy tomatoes and cut into halves crosswise. Remove the seeds, strain the juice and set aside. Cut tomatoes into fine pieces. Boil with the juice in a saucepan (enameled or porcelain line saucepan if possible) until soft. Pass through a colander or wire strainer, measure pulp and for every cup of pulp add one teaspoon salt. Boil again until thick. Pour into jars and pass the blade of a stainless knife inside jar to remove air bubbles. Half-seal and sterilize pint jars in boiling water for 25 minutes and quart jars for 35 minutes or pint jars at 10 lbs. for 5 mi-

nutes and quart jars at 10 lbs. for 10 minutes in a pressure cooker. Seal completely and turn upside down until cool.

Green Tomato Pickle

Select green, firm tomatoes. Cut into halves crosswise. Remove seeds. Arrange tomatoes in a glass, earthenware, enamel or porcelain container. Pour brine solution (2 cups water and 1 cup salt) enough to cover tomatoes. Place weights (small clean stones or else broken pieces of plates will serve the purpose) to prevent the tomatoes from floating. Let stand for 2 weeks, adding 2 tablespoons salt each day for the first three days. Wipe mold as it may appear on top with a wet cloth daily to avoid spoilage.

After two weeks wash tomatoes in several changes of water. Pack in preserving jars and pour the vinegar prepared as follows:

1 cup native vinegar (at least 4% acidity) **1 cup sugar**

Boil vinegar and sugar together and strain through a piece of cloth. Pour over tomatoes. Exhaust in boiling water until the temperature inside the jar is 70°C. Seal completely.

Honey-Apple Shake

Ingredients: 2 tablespoons strained applesauce, 1 tablespoon honey, 2 tablespoons heavy cream, 1 cup milk, whipped cream or vanilla ice cream.

Method: Stir applesauce, honey and cream together in bottom of speaker. Pour in milk and shake until mixture is well-blended. Serve chilled. Top with whipped cream or scoop of vanilla ice cream. Makes 1 serving.

Cherry-Pineapple Sauce

Ingredients: 1/4 cup pineapple juice, 1 tablespoon cherry preserves, 1 tablespoon heavy cream, 1 cup milk, whipped cream (if desired).

Method: Stir pineapple juice and cherry preserves to-

gether in bottom of shaker. Add milk and shake well. Top with whipped cream (if used). Makes 1 serving.

Mocha Frost

Ingredients: 1 teaspoon instant coffee, 1 tablespoon heavy cream, 1 tablespoon chocolate syrup, 1 teaspoon sugar, 1 cup milk, coffee ice cream.

Method: Stir together coffee, cream, chocolate syrup and sugar until blended in bottom of shaker. Add milk and shake until mixture is smoothly blended. Top with large scoop of coffee ice cream. Serve at once. Makes 1 serving.

Pepper Relish
(Excellent with any pork dish)

1 cup sweet red pepper, finely chopped
1/2 cup onion, chopped
1 cup vinegar
1/3 cup brown sugar
1/2 teaspoon fine salt
Combine above ingredients in a large bowl.

Boil above ingredients and pour over chopped vegetables and let stand at least 4 hours before serving.

This relish will keep for a week, if stored in a refrigerator in tightly-covered jars.

Pickled Watermelon Rinds

Don't throw watermelon rinds away. Pickle them this way:

Peel watermelon rinds very thinly. Boil in the following mixture until tender and transparent:
1 cup vinegar
1 cups brown sugar
1 stick cinnamon
1 tablespoon whole cloves

Simmer together for 10 minutes, then add watermelon rinds and cook gently until tender.

Green papaya, peeled, seeded and cut into cubes, may also be pickled this way.

Cut into thin slices 6 medium-sized unpeeled cucumbers

and 1 large onion. Sprinkle with 3 tablespoons salt. Let stand overnight. Drain. Add 2 medium-sized sweet red peppers, sliced, and 4 stalks of celery, chopped.

Boil together 1½ cups vinegar, 1/2 cup water, 3/4 cup brown sugar, 1 tablespoon mustard seeds, 1/2 teaspoon tumeric powder.

Pour this mixture over cucumber mixture and pack immediately into hot, sterilize preserving jars.

Vegetable Relish

3 onions, chopped
2 tablespoons butter
3 large, sweet red peppers, shredded
2 medium-sized tomatoes, sliced
Salt and pepper to taste

Saute onion in butter until lightly browned; add peppers, tomatoes and seasonings, and cook slowly until peppers are tender. Serve hot or cold.

XVI. Potato Recipes

Housewives all over the world, especially in the Philippines, tend to disregard the potato completely, not realizing the high nutritive value of this "lowly" vegetable which ranks first among the vegetables produced in the United States.

One of the desirable qualities of a potato is its capacity to develop mealiness on boiling. Different varieties have different cooking properties. For boiling, baking and French-frying, the mealy kind is the best. For salads, creaming and scalloping, try the waxed variety.

Choose your potatoes carefully, making sure they are firm, clean and smooth, with shallow eyes to avoid waste in peeling. Aside from being inexpensive, potatoes can be stored indefinitely if kept in a cool, dry place, ready to come to the housewife's aid whenever the presence of unexpected guests calls for a bolstering of the menu.

Baked Potatoes a la Mayonnaise

6 large baking potatoes
1/2 teaspoon salt
1 egg, separated
1/4 teaspoon pepper
1/2 cup Best Foods real mayonnaise

Bake large potatoes in hot oven (450° F.) one hour or until done. Cut a slice from top of each and scoop out insides. Mash, add real mayonnaise, egg yolk, and seasonings. Refill shells. Beat egg white until stiff and heap lightly on top of each potato. Place in oven 5 minutes until brown. Yield: 6 servings.

Savory New Potatoes

1 can condensed consomme (1 1/3 cups)
1/8 teaspoon thyme
2 stalks celery
1/2 teaspoon salt
12 to 18 small new potatoes
1 1/3 cups water
1 sprig parsley
Small piece bay leaf
1/8 teaspoon pepper
3 dried bacon slices
1/4 cup chopped onion

Combine consomme, water, celery stalks, parsley and seasonings. Bring to a boil. Add potatoes which have been scraped but not pared; continue cooking until potatoes are tender, adding more water if necessary. Remove potatoes and strain the cooking liquid; return strained liquid to heat and boil rapidly until reduced to about 1/2 cup. Cook bacon in skillet until almost crisp. Add onion and continue cooking about 5 minutes or until onion is soft but not browned. Add potatoes and reduced liquid. Season to taste. Heat thoroughly before serving. Yield: 4 to 6 servings.

Potatoes O'Bien

3 tablespoons fat
2 tablespoons chopped green pepper
1/4 cup chopped onion
2 tablespoons chopped pimiento
3 cups cooked and diced potatoes

Heat fat in a skillet; add onion and green pepper; cook about 5 minutes or until soft but not browned. Add pimiento and diced potatoes. Cook until brown, stirring occasionally. Season to taste. Yield: 4 to 6 servings. (Note: French fried potatoes may be substituted for cooked diced potatoes.)

Yankee Fried Potatoes

6 diced bacon slices
3/4 cup chopped onion
3 cups pared and sliced potatoes

Cook bacon slightly in a heavy skillet; add onion and continue cooking until bacon is crisp and onion is soft but not browned. Add uncooked potatoes and season to taste. Cover and cook about 15 minutes or until almost tender; uncover and brown on both sides, turning potatoes to brown evenly.

Hashed Brown Potatoes

3 tablespoons flour
3 cups cooked and finely cropped or diced potatoes
1 teaspoon salt
3 tablespoons fat
1/4 teaspoon pepper
1/4 to 1/2 cup chopped onion

Blend together flour and milk; add to cold potatoes. Add salt and pepper. Heat fat in a heavy skillet; add onion and cook about 5 minutes or until soft but not browned. Add onions to potato mixture. Turn potato mixture into skillet, adding more fat as necessary; press down firmly with a spatula, shaping it into a round taste. Add more fat if necessary. Cover and cook over low heat about 20 minutes or until crisp and browned on the bottom. Turn to brown on the other side. Turn out into a hot platter. Yield: 4 to 6 servings. (Note: Hashed brown potatoes may be made without the flour and milk but they will not hold together in one large cake.)

Potato Pancakes

1/3 cup flour
3 well-beaten eggs
2 teaspoons salt
3 cups grated potatoes
2 to 3 tablespoons onion juice

Sift flour; measure; add salt and sift again. To beaten eggs add grated raw potatoes and onion juice; pour into flour mixture and stir until combined. Bake on hot greased griddle, making the cakes 4 to 5 inches in diameter. Serve with hot applesauce or apple butter. Yield: 16 to 18 pancakes.

Scalloped Potatoes

1 quart pared and sliced potatoes
1/8 teaspoon pepper
1 to 2 tablespoons grated onion
1 teaspoon salt
2 tablespoons flour
2 tablespoons butter
About 2 cups milk

Wash and pare potatoes; slice thin. Place half of the potatoes in a greased baking dish. Sprinkle with half of the salt, pepper, flour, onion and bits of butter; repeat the process. Add sufficient milk so that it can just be seen between the top slices. Cover and bake in a moderate oven (350° F.) about 30 minutes; remove cover and continue baking for about 30 minutes or until tender and browned.

Cottage Fried Potatoes

4 raw potatoes
1/2 teaspoon salt
1/4 cup lard
Dash of pepper

Wash and pare potatoes. Slice 1/2 inch thick. Melt lard over medium heat until hot. Add potatoes, salt and pepper. Cover and fry 5 minutes, then uncover, and continue frying for about 15 minutes or until tender, crisp, and golden brown, stirring occasionally. Yield: 4 servings.

Potato Chantilly with Chives

3 cups hot mashed potatoes
1/8 teaspoon paprika
1/4 cup cream
1/4 teaspoon salt
1 to 2 tablespoons chopped chives

Spread 3 to 4 cups hot mashed potatoes in a greased shallow baking dish. Whip the cream; add paprika, salt and chives. Spread over potatoes and bake in a moderate oven (357° F.) 15 to 20 minutes or until lightly browned.

Mashed Potatoes Au Gratin

3 cups hot mashed potatoes
1/2 cup grated cheese
1/4 cup buttered bread crumbs
Dash of paprika

Spread 3 to 4 cups hot mashed potatoes in a greased shallow baking dish; sprinkle with buttered bread crumbs, grated cheese and a dash of paprika. Bake in a moderate oven (375° F.) about 20 minutes or until lightly browned. Some grated cheese may be combined with the mashed potatoes if desired.

Continental Potato Soup

3 cooked potatoes
4 cups milk
3 tablespoons butter
Salt and pepper to taste
1 cup American grated cheese
1 large chopped onion
2 tablespoons flour
Several dashes of Maggi's Seasoning

Force potatoes through ricer or mash. Combine with cheese. Gradually stir in milk. Saute onion in butter for 10 minutes. Add flour; blend. Gradually add potato mixture. Cook 5 minutes, stirring constantly. Add salt and pepper. Remove from heat and stir in several dashes of Maggi's Seasoning to accentuate the flavor of the soup. Garnish with chopped parsley. Yield: 6 servings.

XVII. Desserts

Coconut as Food

One of the contributions to the national welfare left us by the late Maria Orosa was her successful research into the uses of the coconut as food. She was able to formulate hundreds of recipes using the coconut. What's more, she tested them herself and made available to the public those recipes which worked. Some of the very successful ones are here for you to try and verify, if you can't take our word for them.

Buko Lumpia

2 buko grated
1/4 cup shrimps, sliced
1/4 of a cabbage sliced fine
1/3 cup pork sliced
1/2 cup soy beans (cooked)
A few sections garlic, sliced
1/2 onion sliced fine
Lumpia wrappers

Saute garlic, onion, pork, shrimps, soy beans, cabbage, and buko. Season with salt to taste. When done, wrap in lumpia wrappers. Serve with lumpia sauce.

Buko Omelet

1/2 cup buko shredded
1/4 cup pork, ground
1 potato cut to small cubes
2 tablespoons lard
2 eggs
1 small onion, finely chopped
1 esction garlic, finely chopped
Salt and pepper to taste

Saute garlic, onion, and pork. Add buko and potato. Season with salt and pepper. Continue cooking until done. Beat eggs; put in a frying pan in which lard has been heated and pour the cooked mixture over it. Continue frying, folding over the eggs. Fry on all sides until brown. Serve hot.

Buko with Bagoong

1 cup buko, cut in pieces
2 tablespoons coconut oil, or lard
1/2 cup string beans sliced in pieces
1/2 cup coconut milk
2 tablespoons bagoong
1 segment garlic, pounded
1/4 onion sliced
Salt and pepper to taste
1 tablespoon pork, cut in pieces
1/4 cup pork stock

Saute onion, garlic, pork, and bagoong; continue sauteing until pork is brown. Add stock and boil. Add string beans and cook until tender. Add buko, coconut milk and boil. Season with salt and pepper and remove from fire. Serve hot.

Coconut Sausage

8 cups coconut, grated and finely chopped
1/2 cup calamansi juice
12 tablespoons glucose
3 cups ripe papaya, mashed
6 cups sugar
Food coloring: red and green

Mix all ingredients and cook in a copper vat. When haft done, drop red and green food coloring to the mixture until meat color is obtained. Continue cooking until it reaches a consistency that will form to any desired shape. Place on a greased board and cool. Roll to long, smooth forms resembling hot dogs of about 1/2 inch in diameter and about 5 inches long. Wrap in cellophane; tie ends and hang overnight to harden.

Buko Dessert

3 cups buko, cut in squares
1 cup ubi, cut in cubes
1 cup gabi, cut in cubes
1 cup saba, cut in cubes
1 cup nangka, cut in squares
1/2 cup tapioca pearls
1/2 teaspoon toasted anise seeds
2 cups thick coconut milk
10 cups thin coconut milk
3 cups sugar

Boil tapioca, ubi, and gabi and thin coconut milk, stirring constantly, When half done, add saba and nangka. When all ingredients are tender, add sugar and buko. Boil 2 minutes and add anise before removing from fire. Serve with thick coconut milk.

Buko Ice

3 cups buko (very soft) scrapped with teaspoon
3 1/4 cups sugar
9 cups coconut water
Mix all ingredients and freeze.

Buko-Condol Paradise

1 cup buko, (malacanin) grated
1 tablespoon cornstarch or flour
1/4 teaspoon vanilla or grated lemon peel, chopped fine
1 1/2 cups sugar
1 cup condol, chopped fine
1 cup coconut milk
1 egg yolk
1 cup evaporated

Mix buko, condol, sugar, coconut and evaporated milk. Cook in a copper vat. Stir constantly while cooking to prevent burning. When half done, remove from fire. Beat egg yolk slightly, add to buko mixture to soft ball stage. Remove from fire. Drop in paper candy cups, or greased cooking pan and bake until light brown.

Masapan de Buko

1 cup ground buko
1 tablespoon wheat cassava flour
3/4 cup sugar

Mix buko and sugar and cook until thick. Add flour made to a thin paste by cooking it with water. Continue cooking until thick enough to be shaped into desired forms. Bake in greased tin until light brown.

Calamay Pinipig

3 cups pinipig
2 1/2 cups warm water
Anise
3/4 cup of brown sugar
1 big coconut (grated)

Wet grated coconut with 1/2 cup warm water. Press out juice and boil milk until oil shows on the surface. Remove the oil from pan but leave the oil sediment (latik) in the pan. Add more water to the grated coconut and make some more milk, add the pinipig, sugar and anise. Add **latik** to the mixture, cover well and cook scraping sides and bottom of pan frequently. Then add the oil.

XVIII. Dainties, Cookies, Pies and Puddings

Meat Balls

2 tablespoons lard
1 onion, minced
2 tablespoons green pepper, minced
1 pound hamburg
1/2 cup rolled oats
1 egg, beaten
1/2 cup tomato juice
1 1/2 teaspoons salt
1 teaspoon paprika
1/2 teaspoon dry mustard
2 tablespoons horse-radish

Melt lard in skillet, add onion and green pepper and fry about 10 minutes. Combine remaining ingredients. Add onion and green pepper; mix well.

Melt 3 tablespoons lard in skillet until hot. From meat mixture in balls and drop into skillet. Fry until nicely browned on both sides. Makes 12 meat balls.

Corn Fritters

1 1/2 cups of corn, cut from the cob
2 eggs, slightly beaten
1 teaspoon salt
Dash of pepper
1 teaspoon sugar
3 tablespoons flour
Fat for frying

With tip of a sharp knife, cut kernels down through the middle of each row corn (from 3 to 4 ears). Slice a thin layer from top of kernels, then scrape down ears, pressing out all the pulp. Measure.

Beat eggs with salt, pepper and sugar. Add the corn and mix well, then add the flour, stirring until blended.

Heat a little fat in a skillet, then drop butter by spoonfuls to make small, oval cakes. Cook over medium heat until brown, then turn and brown other side.

If these corn fritters are to be served as one of the courses for lunch or dinner, add a little chopped green onion. If they are to be served as dessert, increase amount of sugar to two tablespoons or sprinkle sugar over fritters before serving.

Cream-style canned corn may be used instead of freshly cut corn kernels. In this case increase amount of flour in the above recipe to 6 tablespoons.

How to Make "Ham Banana Rolls"

6 thin slices boiled ham
Prepared mustard
6 firm bananas, peeled
Cheese sauce

Spread each slice of ham lightly with mustard. Wrap a slice of the prepared ham around each banana. Place in a buttered shallow baking dish and pour cheese sauce over bananas. Bake in a moderate oven (350° F.) 30 minutes or until bananas are tender or easily pierced with a fork.

Makes six servings.

Serve hot with cheese sauce from the baking dish poured over each roll.

How to Make Cheese Sauce

1 1/2 tablespoons butter
1 1/2 tablespoons flour
3/4 cup milk
1 1/2 cups grated American cheese

Melt butter, add flour and stir until smooth. Stir in milk slowly. Add cheese and cook, stirring constantly until sauce is smooth and thickened. Makes about 1 cup sauce.

Candied Sweet Potatoes

6 sweet potatoes, medium-size
1/4 cup butter or margarine
1/2 cup Syrup
2 tablespoons water
1/4 cup brown sugar

Wash potatoes and partially cook in boiling water 15 minutes. Drain and peel. Place all ingredients except potatoes in heavy sklllet. Arrange potatoes on top. Cook slowly, basting occasionally, until potatoes are tender and well glazed.

Old-Fashioned Rice Pudding

1/2 c. rice
1/2 tsp. cinnamon or nutmeg
1 qt. milk
4 tbsp. sugar, white or brown
1/2 tsp. salt

Wash rice thoroughly, add the other ingredients and pour into a greased baking dish. Bake for 3 hours in a slow oven, stirring several times during the first hour. The mixture should not boil. Serve either hot or cold. This is the old-fashioned creamy pudding which has such a delicious flavor because of the long, slow cooking. One-half cup of raisins may be added, if desired. Serves 6.

Green Tomato Pie

Pastry
1/4 cup flour
3/4 cup sugar
1/2 teaspoon cinnamon
1 teaspoon grated lemon rind
6 to 8 sliced green tomatoes
2 tablespoons lemon juice
2 tablespoons butter or magarine

Line a 9-inch pie pan with pastry. Mix flour and sugar; sprinkle some of it over the pastry. Add salt, cinnamon and lemon rind to remaining sugar mixture. Place layers of tomatoes in the pastry-lined pan, sprinkling each layer with lemon juice and then the sugar mixture. Dot with margarine. Cover with strips of pastry, lattice fashion. Bake in

a hot oven (425° F.) for 10 minutes, reduce heat to 350° F. and bake for 20-30 minutes.

Polvoron

4 cups flour toasted
1/2 pound butter
1 cup powdered milk
3/4 cups sugar

Toast flour to light brown. Powder sugar with rolling pin or pound in mortar. Sift toasted flour and sugar together. Add butter, milk and mix well. Mold the mixture.

Golgoria

2 cups flour
1/2 teaspoon salt
1 beaten egg
1 teaspoon baking powder
4 tablespoons milk
4 tablespoons shortening

Sift flour once, measure and add baking powder. Sift again into the bowl. Cut in shortening. When flour is mealy add beaten egg with milk of just the right amount to dampen. Knead slightly, then toss on floured board and roll to 1/2 inch thick. Cut into strips about half an inch wide and cut again into small pieces. Roll and curl on tongs of a fork. Fry in deep hot fat until golden brown. Make syrup of 1-1/2 cups sugar with 1/2 cup water. Cook syrup to thread stage. Toss in golgorias, toss well until well coated with syrup. When dry, they are ready to serve.

Orange Chocolate Cream Pie

2 squares unsweetened chocolate
2 1/2 c. milk
1 c. milk
1 c. sugar
6 tbsp. flour
2 egg yolks, slightly beaten
1/2 tsp. salt
1 tbsp. butter
1 tsp. vanilla
1 backed 9-inch pie shell
1/2 c. cream, whipped
2 tbsp. grated orange rind

Add chocolate to milk and heat in double boiler. When chocolate is melted beat with rotary egg beater until blended. Combine sugar, flour, and salt, and add gradually to chocolate mixture and cook until thickened, stirring constantly. Then continue to cook for 10 minutes, stirring occasionally.

Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 2 minutes longer. Add butter and vanilla and cool. Turn into pie shell; chill. Pile whipped cream lightly around edge of pie to form a 1-inch border. Sprinkle cream with grated orange rind.

Chocolate Oatmeal Cookies

1/2 c. lard
1/2 c. sugar
1/2 c. corn syrup
1 egg
2 oz. chocolate or 5 tbsp. cocoa
1 tsp. vanilla
1 1/4 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
1 1/2 c. oatmeal

Cream lard and sugar, add corn syrup and slightly beaten egg, melted chocolate and vanilla. Sift flour with baking powder and salt. Combine dry ingredients with oatmeal and add to first mixture. Drop by teaspoonfuls on greased cookie sheet. Bake in a moderately hot oven (400° F.) 10 to 12 minutes. Makes 3 doz. cookies.

Chocolate Pudding

6 tablespoons cocoa
1/2 cup flour
3/4 cup sugar
1/2 teaspoon fine salt
2 1/2 cups boiling water
2 cups evaporated milk
1 teaspoon vanilla

Mix cocoa, flour, sugar and salt. Add boiling water and stir until smooth. Cook slowly until it begins to thicken, then add the milk. Bring slowly to a boil and boil for 3 minutes more, stirring constantly. Add vanilla and chill.

Corn Fritters

1/4 cup Duryea's Maizena
1 cup scraped corn from cob
1/2 cup flour
1 teaspoon baking powder
2 teaspoons salt
2 eggs
2 tablespoons milk

Mix the cornstarch with flour, baking powder and salt. Add this mixture to corn and beat well. Add well-beaten egg yolks. Then fold in stiffy beaten egg whites. Drop by

spoonfuls in deep hot lard. Remove when golden brown in color and roll in sugar.

Maja Blanco

2 cups, thick coconut milk (from 2 coconuts)
1 cup white sugar
3 tablespoons Duryea's Maizena

Extract two cups of thick coconut milk from grated coconut meat. Set aside and add two more cups of water to grated coconut meat and extract more milk. Stir in the sugar into this second extracted milk and add the cornstarch. Keep stirring until a smooth mixture is obtained. Then pour in pan and cook over a low fire, stirring constantly. Remove from fire and pour into dish when the consistency is such that on cooling the mixture will jell.

Cook the first two cups of coconut milk in carajay over a low fire until a curdy residue appears on the surface of the oil. This curdy residue is known as **latik.** As soon as it is golden brown, remove from oil and sprinkle over top of "maja blanco."

Plain Sponge Cake

2 eggs, well beaten
1 cup sugar
Pinch salt
Lemon flavoring
1 teaspoon baking powder
1 rounding cup flour

Beat well, then add 1/3 cup boiling water. Bake in square tin in moderate oven for 30 to 45 minutes.

Chocolate Angel Cake

1 1/4 cups egg whites
1/4 cup fine granulated sugar
3/4 cup cake flour sifted 5 times before measuring
1/4 cup cocoa (sift with flour)
1 level teaspoon cream of tartar
1/4 teaspoon salt
1/2 teaspoon vanilla
1/2 teaspoon lemon juice

Mix and bake in the following manner: Have all ingredients at room temperature. Beat egg whites until frothy, then add water, cream of tartar and salt. Beat until stiff

enough to flow very slowly when bowl is partially inverted. Sift sugar to remove lumps. Sprinkle over tops of eggs, fold in with spatula. The flour should be sifted several times then sifted over egg whites and folded in. The flavoring should be added at the same time as the water. Bake at 320 degrees F. for about 1 hour. When baked invert pan until cake is cool.

Shadow Cake

Cream: 1/3 cup shortening
Add slowly, beating well: 1 cup sugar
Add and beat: 1 egg, beaten
Sift together:
1 1/2 cups flour
1/2 cup constarch
2 1/2 tsp. Royal Baking Powder
1/4 teaspoon salt
Add sifted dry ingredients to first mixture adternately with:
1 cup milk

Mix well. Pour in well-greased 8-inch square pan and bake in moderate oven 176° C. (350° F.) 30-40 minutes. When cool, frost top and sides with vanilla icing. Decorate with chocolate icing as illustrated.

Will serve 6. Serve with pineapple quarters.

Rich Cheese Muffins

2 cups flour (sifted)
3 1/2 teaspoons baking powder
1/2 cup grated cheese (Queso de Bola)
1/3 cup Margarine
1/4 cup sugar
2 eggs
1 cup milk

Sift flour and baking powder. Add grated cheese.

Cream Star Margarine, add sugar gradually and continue beating until light and fluffy. Add unbeaten eggs one at a time and beat well. Stir in milk and add flour mixture. Stir just enough to moisten the dry ingredients. Fill greased muffin pans 2/3 full and bake in hot oven (400 degrees F.) 20 to 25 minutes.

Drop Biscuits

1 cup flour
3 tablespoons baking powder
1 teaspoon salt
3 tablespoons shortening
1 1/4 cups of milk

Sift flour into waxed paper, measure; add baking powder and salt; sift again.

Cut shortening into flour until mixture resembles coarse cornmeal.

Add milk all at once; stir with fork only until all the flour is moistened.

Drop from spoon on ungreased baking sheet.

Bake in hot oven (450° F.) for about 12 minutes. Makes 1½ dozen.

Four-Layer Short Cake

1 quart sifted flour
4 tablespoons baking powder
1 teaspoon salt
2 tablespoons sugar
2/3 cup shortening
1 1/4 cups milk
Margarine strawberries or other fruit, slightly sweetened
Light, cream or top milk

Sift dry ingredients together. Cut in shortening to consistency of meal. Add milk all at once, mixing until flour is moistened. Turn out on floured board; knead lightly about 15 times. Cut in 4 equal parts. Roll each part on floured board into rectangle about 7 x 11 inches. Put 4 layers on top of each other in greased 7 x 11-inch pan, brushing each layer with melted margarine and sprinkling lightly with flour. Bake in a very hot oven, 450°, for 15 minutes or until lightly browned. Remove from oven and turn on to cake rack, Peel off layers and put together with crushed strawberries or other fruit. Home-canned fruit may be used. Serve with light cream or top milk.

Apple Pie

3 cups apples; cut in 1/8 inch slices
1/4 teaspoon salt
1 tablespoon lemon juice
3 tablespoons grated rind of lemon
1/2 cup honey
1/2 teaspoon cinnamon
1 tablespoon butter

Quarter and pare apples, remove core and slice. Line a 9-inch pie plate with pastry. Place the sliced apples on this. Add salt, lemon juice and grated lemon rind to honey. Pour

this over the apples. Sprinkle cinnamon over the top. Dot with butter. Add a perforated upper crust, pushing it toward the center. Press edges together and trim. Bake in a hot oven (450° F.) for ten minutes, then about 50 minutes at 350° F. or until the crust is slightly browned and the fruit is soft.

Note: If a deep-dish apple pie is desired, place above ingredients in a buttered deep pie dish and place a perforated pie crust over the top. Press the pastry over the rim of the pie plate. This will eliminate the bottom crust. Bake at 350° F. for 50 minutes.

Croutons

Cut stale bread into slices about one-third of an inch thick, and remove all crust. Spread with butter, cut in cubes and bake in the oven until delicately browned. If preferred, these cubes of bread may be fried in deep fat or sauteed in just enough fat to keep them from burning. Put into soup at time of serving, or pass in a separate dish, permitting each person to put as many croutons as he may wish in his portion of soup.

Cheese Sticks and Rolls

Cut bread in long, narrow strips, spread with butter, then with a thick coating of grated cheese. Brown in moderate oven (350° F.). Or cut crust from sliced bread, spread thickly with paste of grated cheese and butter, roll, fasten with toothpicks and brown as above.

Hot Crisp Crackers

Toast thin wafers or crackers for three minutes in a hot oven (400°-450° F.). They are better if spread with a thin film of butter before being put into the oven. If Boston crackers are preferred, split them, arrange the halves, rough side, up on a plate, lay a bit of butter on each, and brown them in the oven.

Empanada

2 tbsp. lard
3 segments garlic
1 regular-sized onion
1/2 kilo minced pork
2 small packages raisins
100 grams ham
1/4 kilo potatoes, diced
1/4 kilo sweet red pepper, chopped
1 tsp. salt
1 tsp. pepper

Heat the lard in the carajay. Mince the garlic. Saute it in the lard. When brown, add the onion. Add the ground pork, the raisins, and the ham. Let simmer for five minutes. Then add the potatoes and simmer for five minutes. When almost done, add the pimientos and cook uncovered. Season with salt and pepper and add the peas before removing from the fire.

Empanada Pastry

4 cups flour
3 eggs
1/2 cup lard
4 tsp. baking powder
1/2 tsp. salt
1/2 cup water

Sift all dry ingredients. Cut the lard into it. Break the eggs and add it in the mixture. Knead the dough till it is smooth. Divide into small portions about the size of an egg. Flatten each piece and roll thin on a piece of waxed paper which has been spread with cornstarch to prevent the dough from sticking. Place two tbsp. of the filling on center and fold on one side. Cut around the edge of the dough to shape as empanada. Press the edges with the forefinger or a fork. Fry in deep hot fat till golden brown.

Serve as is or with any sauce desired.

Individual Tamales Pies

Ingredients: 1/4 cup finely diced onion, 1 cup diced celery, 1 clove garlic (peeled, minced and crushed), 3/4 pound ground chuck beef, 1 tablespoon cooking oil, 1 No. 2 can (about 2-1/2 cups) tomatoes, 3/4 cup enriched cornmeal, 1 No. 2 can (about 2 cups) whole kernel corn (drained), 3/4 cup sliced ripe olives, 2 to 3 teaspoons salt, 1 tablespoon Worcestershire sauce, and 1/2 cup grated cheese.

Method: Lightly brown onion, celery, garlic, and beef in oil. Mix 3/4 cup of juice drained from tomatoes with the cornmeal. Heat remaining tomatoes; stir in cornmeal mixture and cook 5 minutes, stirring frequently. Add corn, olives, salt,, chili powder, Worcestershire sauce and meat mixture. Blend well. Pour into individual casseroles or greased custard cups. Sprinkle with grated cheese. Bake in a moderate (357° F.) oven about 30 minutes. Serve from casseroles or let stand in custard cups 5 minutes and turn out. Makes 6 servings.

Puto Lansong

1 cup rice
1 cup malagkit
1/2 can "Milkmaid Condensed Milk
2 teaspoons baking powder
Grated meat of one young coconut

Combine the rice and the malagkit and soak in water till soft. Grind. Spread the ground rice out in the sun till thoroughly dried. Sift. To the powdered rice, add the grated coconut meat, the Milkmaid Condensed Milk, water and baking powder. Mix well. Place in greased molds and steam for 15 minutes. Serve.

XIX. How to Make Good Ice Cream, Ice Tea & Cold Drinks

Ice cream, at least here in Manila, is no longer a luxury because it can be had at almost every street corner, and also in the streets, from ambulant ice cream vendors any day of the week. But home-made ice cream is still a treat to most of us. The fastidious housewife serves nothing but ice cream that she herself has made when she gives a luncheon or a merienda to celebrate an special occasion.

Just what makes a good ice cream, and by good we mean one that is smooth and creamy? First, let us make it clear here that ice cream is based on a mixture of either cream or custard beaten or churned during freezing. Plain or Philadelphia Ice Cream is an uncooked mixture of cream, sugar and flavoring, often with gelatine or some other binder added, but rarely with eggs. French or Neapolitan Ice Cream contains eggs and is virtually a frozen custard. All ice cream are variations of these two basic types. Water ices and sherbets are different. An ice is a mixture of fruit juices and sugar with various additions of spices, ground fruits, etc. A sherbet is a water ice to which milk, beaten egg white or gelatine is added to change the texture and flavor.

Here are the directions for making ice cream in a dasher freezer. If you will follow every step you will have ice cream mixture for freezing; chill. Assemble freezer.

Scald the can and dasher of the freezer. Prepare ice cream mixture for freezing; chill. Assemble freezer.

Crush the ice. Finely chopped ice melts faster and hastens the freezing of the cream. Measure and use 5 parts

of crushed ice to 1 part of coarse salt. Three parts of ice may be used to 1 part of salt to hasten the freezing but the ice cream will not be very smooth.

Pack the ice around the empty can until the ice bucket is two-thirds full, then pack alternate layers of ice and salt nearly to the top of the container. Allow to stand 5 minutes to chill thoroughly.

Pour the ice cream mixture into the can, filling it not more than two-thirds full to allow for swelling. Cover the can; adjust the top and crank.

After a few turns of the dasher put in more ice and salt; pack solid, completely covering the can. A cup of cold water may be added to start the ice melting and hasten the freezing.

Turn the crank slowly until it begins to turn hard; then turn it faster and until cranking is too difficult, showing that the ice cream is frozen. Add more ice and salt in the same proportion during the freezing if necessary.

Draw off the water from the bucket if there is any dangr of its seeping into the ice cream. Wipe off the lid of the can and remove. Take out the dasher scraping off the ice cream with a long-handle spoon. Push the ice cream down from the sides of the can and pack firmly; put on tight packing cover or plug hole in the freezing cover. Repack in ice and salt, filling the bucket full, and let stand to ripen. Use 4 parts of ice to 1 part of salt if the ripening time is less than 2 hours; 8 parts of ice to 1 part of salt if longer.

Now for the recipes:

Philadelphia Vanilla

4 cups light cream or undiluted evaporated milk
3/4 cup sugar
1/4 teaspoon fine salt
2 teaspoons vanilla

Combine all ingredients; stir until smooth. Freeze according to directions. Yield: 6 cups.

Vanilla Ice Cream
Custard Base

3/4 cup sugar
1 tablespoon flour
1/4 teaspoon fine salt
2 cups milk
2 whole eggs or 3 egg yolks
2 teaspoons vanilla
2 cups light cream

Mix sugar, flour and salt; stir in milk. Cook over boiling water, stirring constantly, until slightly thickened. Cover and continue cooking for 10 minutes.

Stir a little of the hot milk into the eggs, slightly beaten, then stir into the remaining hot milk. Cook over hot, not boiling, water, stirring constantly for about 5 minutes or until mixture coats the spoon. Remove from the hot water, chill, and add vanilla and cream. Freeze according to the above directions.

For French Vanilla, use 6 egg yolks in place of the whole eggs in the above recipe.

Coffee Ice Cream

Use Custard Base and add 1/3 cup round coffee to milk; scald, strain through fine cheesecloth and proceed as directed, omitting vanilla.

Bisque Ice Cream

Use the above recipe for Vanilla Ice Cream, substituting 3 tablespoons of sherry for the vanilla and when ready to freeze, adding 1 cup macaroon crumbs.

Caramel Ice Cream

Use Vanilla Ice Cream recipe, reducing the sugar 1/3 cup. Add 1/3 cup cold caramel syrup with the vanilla.

To make Caramel Syrup: Place 1 cup granulated sugar in a heavy skillet over low heat; stir constantly until sugar has melted and changed to a light brown syrup. Remove from heat and gradually stir in 2/3 cup of hot water. Return to fire and boil until smooth, stirring constantly.

Chocolate Ice Cream

Use the above recipe for Vanilla Ice Cream, adding 2

squares of unsweetened chocolate to the milk while it is being scalded.

Mango Ice Cream

When ready to freeze, add 2 cups crushed or sieved mango pulp sweetened with 1/2 cup sugar or more, depending on sweetness of the fruits.

Pineapple Ice Cream

Use recipe for Vanilla Ice Cream, substituting 1 tablespoon lemon juice for vanilla. When ready to freeze, add 2 cups of well-drained crushed pineapple (canned).

Tutti-Frutti

Use above recipe for Vanilla Ice Cream, omitting vanilla. Add 3 tablespoons sherry wine, 1/2 cup chopped maraschino cherries, 3/4 cup finely chopped nuts and 1/2 cup well-drained crushed pineapple.

I c e s

COFFEE ICE. Dissolve 1 cup sugar in 4 cups hot strong coffee. Cool and freeze. Serve with whipped cream.

ORANGE ICE. Make a syrup of 2 cups water and 1 cup sugar; add 2 cups orange juice and 1/4 cup lemon juice. Cool, strain and freeze.

Just the mere sight of a frosted drink or the sound of ice tinkling against glass is refreshing.

Easy Vanilla Ice Cream

2 eggs
1/8 teaspoon salt
2 tablespoons light corn syrup
1/4 cup sugar
2 cups whipping cream
1 tablespoon vanilla extract

Separate eggs. Add salt to egg whites; beat until stiff but not dry. Gradually add corn syrup and sugar, beating constantly. Add egg yolks; beat thoroughly. Whip cream stiff; add vanilla extract. Add egg mixture; fold in. Pour into freezing tray; place on top shelf or bottom of freezing compartment. Set temperature control at coldest point: freeze firm (about 4 hours). Makes 6 servings.

(If desired, before freezing, fold in sweetened berries, or nut meats and maraschino cherries, or plain or toasted coconut.)

Nothing is more welcomed in these hot summer days (and when we say hot, we mean 100 degrees F.) than a tall glass of iced beverage. Even plain water with a piece of ice floating in it is very refreshing.

To make a beverage doubly welcomed, it should be properly made and serve icy cool, preferably with pieces of ice to tinkle against the side of the glass. All too often, iced tea and iced coffee are weak sisters with no distinction at all, because ice dilution is not reckoned with in making them. They should be as full flavored as the hot ones.

Beverages with ice should be served in tall glasses (16-ounce capacity), with long-handled teaspoons or combinations spoon-sippers for stirring the beverage. To protect your hands and table-tops from the moisture that forms outside of the glasses, each glass should wear a packet or be placed on a coaster. These are the details that your guests will welcome when you serve them iced drinks.

There are many bottled soft drinks that are available in every corner store in almost every town in the Philippines. Be sure that they are very cold when you serve them—very often only the bottles are cold, the drinks are not.

Iced Tea

Use 2 teaspoons of tea leaves or 2 tea bags for every cup of water. Put tea in a teapot and pour boiling water over it. Let stand from 3 to 5 minutes, then strain into another pot or directly over ice in tall glasses. Sweeten to taste and garnish each glass with lemon or lime wedges.

Iced Coffee

Instant or powdered coffee (have you tried NESCAFE?) or make coffee full strength (2 tablespoons of coffee is best for this—follow the directions on the jar, ground for every 3/4 cup of water). Strain coffee into another pot and allow to cool, to lessen dilution through the melting of ice. Serve

plain with sugar or with undiluted evaporated milk or with a scoop of vanilla or mocha ice cream.

Coffee Sparkle

1 1/2 cups double strength coffee
3/4 cup corn syrup or plain syrup
3/4 teaspoon vanilla
Sparkling water

Combine coffee syrup in saucepan; simmer for 5 minutes. Cool, then add vanilla. Pour over ice cubes in tall glasses, then fill glasses with sparkling water. This recipe will serve 6.

Cola Freeze

Put 2 tablespoons of lime juice in each tall glass. Add a scoop of lemon or lime sherbet. Fill glasses with ice cold Coca-cola. Stir gently before drinking.

Florida Cooler

3 cups water
1 cup syrup
Peel of 2 large limes
1 1/2 cups lime juice
Lime slices for garnish

Combine water, syrup and lime peel. Bring to a boil, then simmer for 3 minutes. Chill, if possible. Remove peel. Combine with lime juice. Pour over ice in all glasses. Garnish with lime slices.

Orange-Lime Ricky

1 1/2 cups orange juice
6 tablespoons lime juice
3 tablespoons of syrup
Pale dry ginger ale

Combine orange juice, lime juice and syrup. Mix well. Pour over ice in 6 tall glasses. Fill glasses with ginger ale.

Lemon Mint Julep

Put a scoop of lemon sherbet in each glass. Fill glass with ginger ale. Top with a bouquet of fresh mint (hierba buena).

Grape Hi-Ball

Fill tall glasses 1/3 full of grape juice. Add ice cubes. Fill glasses with sparkling water. Garnish with lemon slices.

Syrup

Combine equal quantities of sugar and water (try 2 cups of water and 2 cups of sugar) in a saucepan. Bring to a boil and simmer for 5 minutes. Pour in bottles and store in a cool place. If desired, lime peel may be boiled in the syrup.

Sugar dissolves slowly in cold water and very often, if not stirred well, remains in the bottom of the glass.

Lemonade

For each glass or person, use the juice from 1 lemon, sweetened with 3 tablespoons of sugar syrup. Add 1 cup plain or sparkling water and several ice cubes. Garnish with lemon slices, cherries, or mint sprigs.

Iced Tea

Nothing in our opinion is more refreshing on a hot afternoon than a tall glass of iced tea! Served with half a dozen icebox cookies—ah, what a merienda for a husband to come after a hot day in the office.

Pour hot tea (use 1 teaspoon Lipton tea for every 1/2 cup of boiling water) into all glasses 1/3 full of cracked ice or ice cubes or over a block of ice in a pitcher. Add more ice if needed. Garnish with sprigs of mint or slices of lemon. Pass powdered sugar and lemon juice.

Here is another method: Allow 1 teaspoon sugar for each glass of beverage to be made. Place sugar in a pitcher and pour over it the strong tea. Stir to dissolve sugar. Dilute with ice cubes and add lemon juice to taste.

If you have a refrigerator, make the tea by the cold-water method. Put 1 teaspoon tea for each cup of water in large covered pitcher. Add cold water, let stand in the refrigerator for 12 hours or overnight. Strain before serving. This method gives a very clear product.

XX. Table Service Simplified

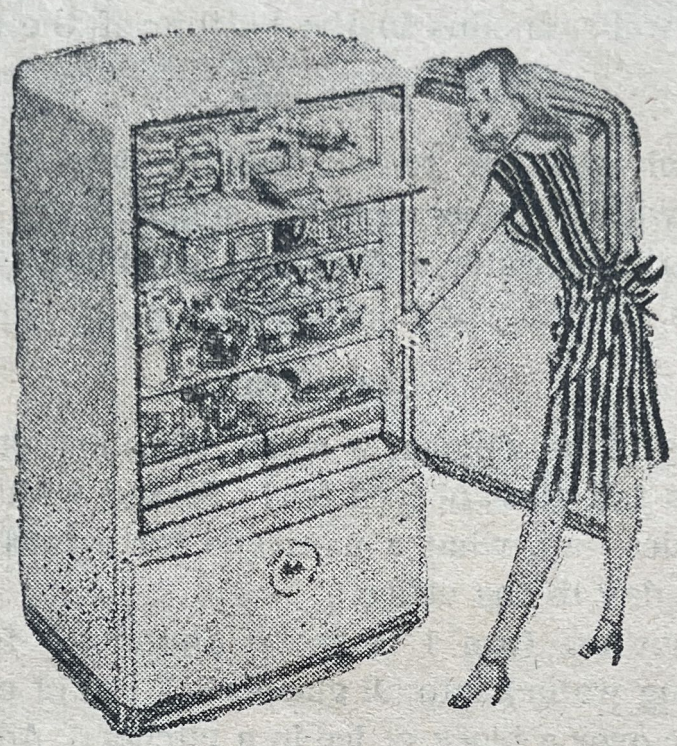


Table Service Simplified

Inevitably, we come to one of the persons whose tact and knowledge is partly responsible for the smooth running of the place. He is a very busy person, but we finally persuaded him to give us a few pointers on table service which may come in handy for all of us when we have company at home. And here they are.

1. Table set-up:

   a. Silverware:

      Soup spoons, knives are placed at the right side. Fork at left side, while dessert spoons are place right in front. Water or wine glasses are placed at the right top side of the knives.

b. Bread Plates:
Place bread plates at the rear of the forks while butter plates are placed right between glasses and knives.

2. Bread, butter, relishes and drinking should be placed on table before the guests arrive.

3. Individual or plate service:
Service always starts from the right side. Remove plates that have been used from the right side also. Use right hand to place dishes in front of guests, in order to avoid touching their faces with your elbow. Pour water or wine always at right side.

4. Banquet style or platter service:
This method is the same as that of individual service, except that service should start from the left side.

5. Always remember that in all cases, ladies are served first.

6. Always use hot dishes for hot food and cold dishes for cold food.

Methods In Serving At Formal and Special Parties

Linen:

1. Be sure that the tablecloth and napkins are spotlessly white, and the tableware clean.

Silverware:

2. Complete tableware for each person are as follows: Dinner, dessert, fish, fruit and butter knives. Dinner, entree, fish and salad forks.
Soup, fruit cup, dessert and demi-tasse spoons.

Glassware:

4. (a) First part of the dinner:
Cocktail and canapes are served in a specially specified room.
(b) If the first course should be a fruit cocktail, it must be placed on the table together with bread, butter

and relishes before the guests arrive.

(c) Do not remove any plate that has been used until everyone has finished eating.

5. **Soup:**

(a) Place soup plates in front of each guest, and then pass the soup around. If there are ladies in the party, it is customary that the honored lady guest sit at the right of the host, and the honored gentleman guest sit at the right of the hostess. Serving, in the order of succession is as follows: Honored lady first, rest of ladies second, and the hostess last. Then proceed to the gentleman guest of honor, the rest of the gentlemen, and lastly, the host.

(b) Sherry wine is served at the same time with the soup.

(c) In serving wine traditionally, a few drops are first poured in the glass of the host. Before proceeding any further, wait until he gives a sign of satisfaction. The reason for the host in so doing, is to taste and determine whether the wine is good.

Fish:

6. (a) Place fish plates first, and pass the fish around.

(b) Serve white wine with the fish course.

Entree:

7. Serve entree in the same method as serving fish.

Roast:

8. (a) Serve in the same method as serving fish, but gravy and vegetables must be served separately.

(b) Serve champagne with roast. Usually, the host makes a toast in honor of his guest.

Salad:

9. Serve salad the same way as fish serving, but dress-

ing is served separately.

Dessert:

10. If the dessert should be ice cream, serve cakes separately.

Fruits:

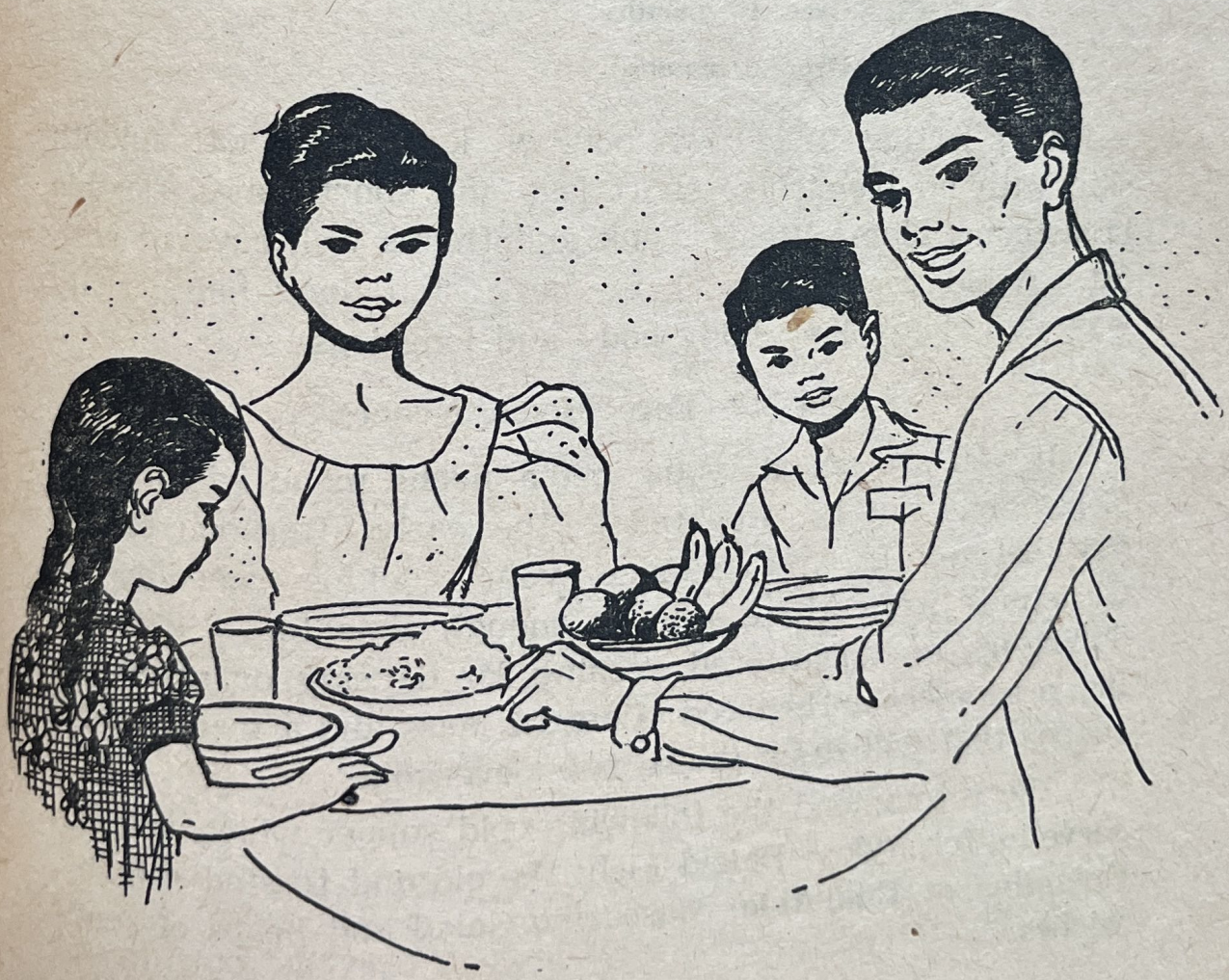
11. Pass around finger bowls.

After Dinner Coffee:

(a) After dinner, coffee is served with demi-tasse cups. Place clean cup in front of the guest. While one waiter pours coffee, another waiter will pass sugar and cream around.

(b) Assorted liquors must be passed around. Let the guests have their choice.

(c) Lastly, after dinner, mint is to be passed around.



XXI. How To Select Your Bird

For broiling, frying or roasting, choose young tender birds under 9 months old.

For braising, stewing or steaming, older birds.

The following are best-sellers:

BROILER CHICKEN—8 to 14 weeks old

FRYER CHICKEN—14 to 20 weeks old

ROASTER CHICKEN—5 to 9 months old

CAPON—6 to 10 months

COCK—Over 10 months

FOWL—Over 9 months

In selecting full grown poultry, look for a soft smooth skin with no blemishes, short legs and short claws, flexible breastbone, plump breast, back and thighs well covered with fat. Avoid coarse skin, loose neck skin, long hairs, scaly legs, dull claws, long bony body and long legs.

Schedule For "Media Noche"

If you are smart, your **media noche** menu will include dishes that can be prepared in the early afternoon or the day before. If you manage your cooking schedule on Christmas week there will be enough time for a leisurely dolling-up, an uncluttered evening for dancing or entertaining, a serenely unflustered Midnight Mass and a **media noche** supper that will draw praise from everyone.

We recommend the following cold supper which you can serve buffet style: Baked Fish; the old and trusted standby, **Galantina** or **Embutido**; Mascarino Salad and heaps of sandwiches.

remembered specialties of Grandmother. But the new Filipina, being modern, probably an office worker, and therefore something less than a wizard at the stove, will not attempt these delicacies. There are several places around town where **tamales, bibingka** and even the succulent **lechon** can be ordered. Do this, if your family is gastronomically a stickler for tradition.

You will also want to order some ice cream, preferably the new fruit molds, and some rich fruit cakes. Have lots of nuts, dried and fresh fruits handy in great bowls. Attend to this days before Christmas Eve.

As to the supper itself, here's how:

The day before Christmas Eve, as soon as you are through with your marketing, start on the **galantina** or the **embutido.** These two are near and dear first cousins, both being stuffing and steaming jobs. For the former you stuff a chicken, for the latter some pork leaf lard (**unto sin sal**); but the process is basically the same. As your mother probably told you, besides the boned chicken or the leaf lard, you will need some two kilos of pork, ham, Vienna and Spanish sausages, pickles, onions, half a dozen eggs, raw and boiled, some flour, salt and pepper. Chop or mince all ingredients except some sausages and the eggs. Mix. Season; add three raw eggs, and mix well. Dredge with flour. Stuff this mixture in alternate layers with the hard-boiled eggs and sausages. Roll (if **embutido**). Sew (if **galantina**). Wrap tightly in it, roll in crumbs, saute in butter. Cook about three cups of small onions in salt water, drain, brown in butter and sugar. These plus mayonnaise, parsley, horse radish and some boiled prawns, if you can get them, will make the fish your **piece de resistance.**

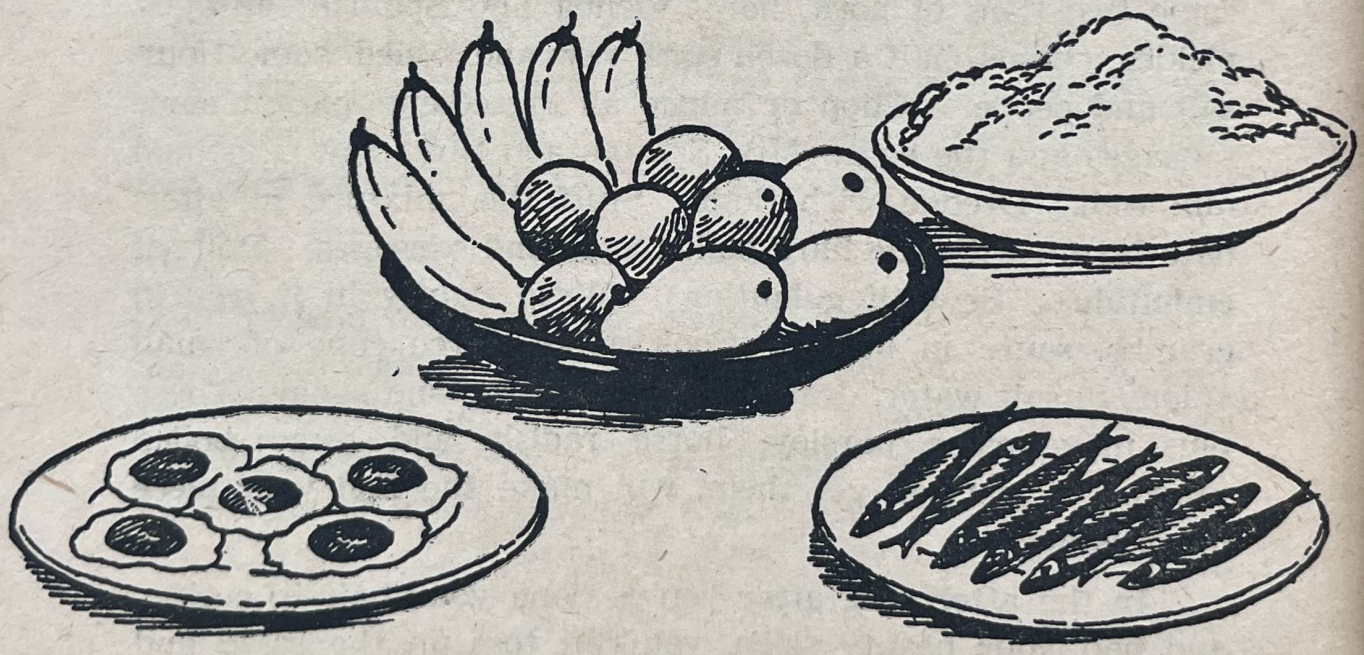
In the afternoon, after you've done your hair in curlers and had your beauty sleep, you can toss up the salad and the sandwiches.

To one large package of macaroni cheese cloth, tie both ends securely. Steam at a low temperature adding enough

water to cover. Cool; then leave in icebox until Christmas Eve just before you set the table. Then slice and garnish with greens.

Tackle the baked fish during the morning of the 24th, Clean seasoning and prepare the fish for the oven as usual, brushing it with egg and rolling in fine bread crumbs. A big fish will require about 40 minutes of baking. Baste it with thin cream while cooking. If you have no oven, boil which you boiled with a chicken in the morning, add canned minced pineapple, chopped sweet pickles, minced chicken, grated cheese, chopped nuts, minced greens, and enough mayonnaise. Decorate with hard-boiled eggs, asparagus tips and other Christmas garnishings.

For sandwiches we have chosen a three-decker that is simple to make, lovely to look at and delightful to gobble up. Use ham, chicken, pickles, mayonnaise, lettuce and tomatoes.



Food Values

PROTEINS—The materials for building and repairing body tissues.

CARBOHYDRATES—The materials from which most of the ordinary energy needs of the body is derived.

FATS—The materials stored by the body to meet future unusual demands for energy.

CALCIUM—The material for building strong bones and teeth.

IRON—The material for building good red blood.

VITAMIN A—The material that keeps the body surfaces in a healthy state (skin and membranes). Also makes it possible for us to see in dim light.

VITAMIN B, and B COMPLEX—The materials that help our bodies utilize the food we eat.

VITAMIN C—The material that helps in holding together the cells of the body (cement-like action).

VITAMIN D*—The material that helps in the absorption and utilization of calcium and phosphorus for the bones and teeth of the body.

These are the materials in the food that give us a STRONG BODY and a SOUND MIND.

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* *You need not worry about this as we have plenty of sunshine.*

Good Menu Samples

Breakfast

(1) Calamansi juice
Pinipig champorado
Soft boiled egg
Bread, butter
Milk

(2) Naranjita juice
Oatmeal
Milk

(3) Papaya
Scrambled eggs
Bread, butter
Milk

(4) Bananas
Toasted pinipig
Milk

(1) Anyone of the breakfasts mentioned at the left.

(2) Naranjita juice
Plain omelet
Fried fish
Rice
Milk

(3) Calamansi juice
Oatmeal
Milk, sugar
Soft boiled egg
Bread, butter
Milk

Lunch

(1) Togue with pechay, cabbage sutanjon, shrimps
Rice
Squash—eggplant

(2) Puchero with cabbage, camote, pechay, garbanzos, saba
Rice
Bananas

(3) Vegetable macedoine*
Rice
Fruits in season
Milk

(1) Clam soup with malunggay leaves
Menudo
Rice
Bananas
Milk

(2) Chicken tinola with pepper leaves
Rice
Guinataan calabasa
Fruits in season
Milk

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* *A vegetable macedoine is a dish of cooked or raw vegetables. The lumpia mixture served on fresh lettuce leaves with the lumpia sauce makes a good macedoine.*

Supper

(1) Vegetable soup
Broiled liver
Rice
Chico
Milk

(2) Broiled fish
Calamansi
Camote tops salad with fresh tomatoes
Rice
Milk

(3) Meat stew with vegetables
Raw cabbage salad
Rice
Fruits in season
Milk

(1) Picadillo with potatoes
Fresh tomato salad
Rice
Fruits in season
Milk

(2) Mongo guisado with ampalaya leaves
Pinangat na isda
Rice
Bananas
Milk

Midmorning Lunch:

1 glass milk or
1 bowl of boiled mongo with milk and sugar

Midafternoon Lunch:

1 glass milk or some fresh fruits

A glass of milk is good before retiring at night ,if desired.

Best Sellers

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